

# THE FOOD CALENDAR

PREPARED BY  
NINA B. CRIGLER  
Food Specialist

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EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 1

All FIVE GROUPS should be represented in the diet **EVERY DAY**

		B	D	L or S	
GROUP I  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>A FOOD PROGRAM</b>  When you use the food calendar you will be able to see at a glance whether you are omitting one of the five food groups from your diet, whether you are neglecting one, or whether you are over-emphasizing one. The amount of food you need from each group can be easily understood and calculated by studying page 30, "The Arithmetic of Menu Making."
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
GROUP II  Foods characterized by protein	Fruit gelatin.....				  To use the food calendar place a check opposite the foods served for breakfast, in the first column; for dinner, in the second column; for supper or lunch, in the third column.
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
GROUP III  Foods characterized by starch	Cocoa (beverage).....				  Use one page of the food calendar every day to record the meals served for the family or for any member of the family.
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
GROUP IV  Foods characterized by sugar	Rice.....				  A meal problem may be carried on for two consecutive days a week, excluding Saturday, Sunday, and Monday; and continued for four weeks. However, the housekeeper who carries on a meal problem every day for three or four weeks will get permanent results in a shorter time than will the housekeeper who follows the two days a week plan.
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
	Sirup.....				
	Honey.....				
GROUP V  Foods characterized by fats	Preserves.....				  A meal problem may be carried on for two consecutive days a week, excluding Saturday, Sunday, and Monday; and continued for four weeks. However, the housekeeper who carries on a meal problem every day for three or four weeks will get permanent results in a shorter time than will the housekeeper who follows the two days a week plan.
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
	Butter.....				
BEVERAGES	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Breakfast—B

Dinner—D

Lunch—L

Supper—S

Name \_\_\_\_\_

Address \_\_\_\_\_



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**FOOD CALENDAR**

**DAILY RECORD**

Month \_\_\_\_\_ Day 2

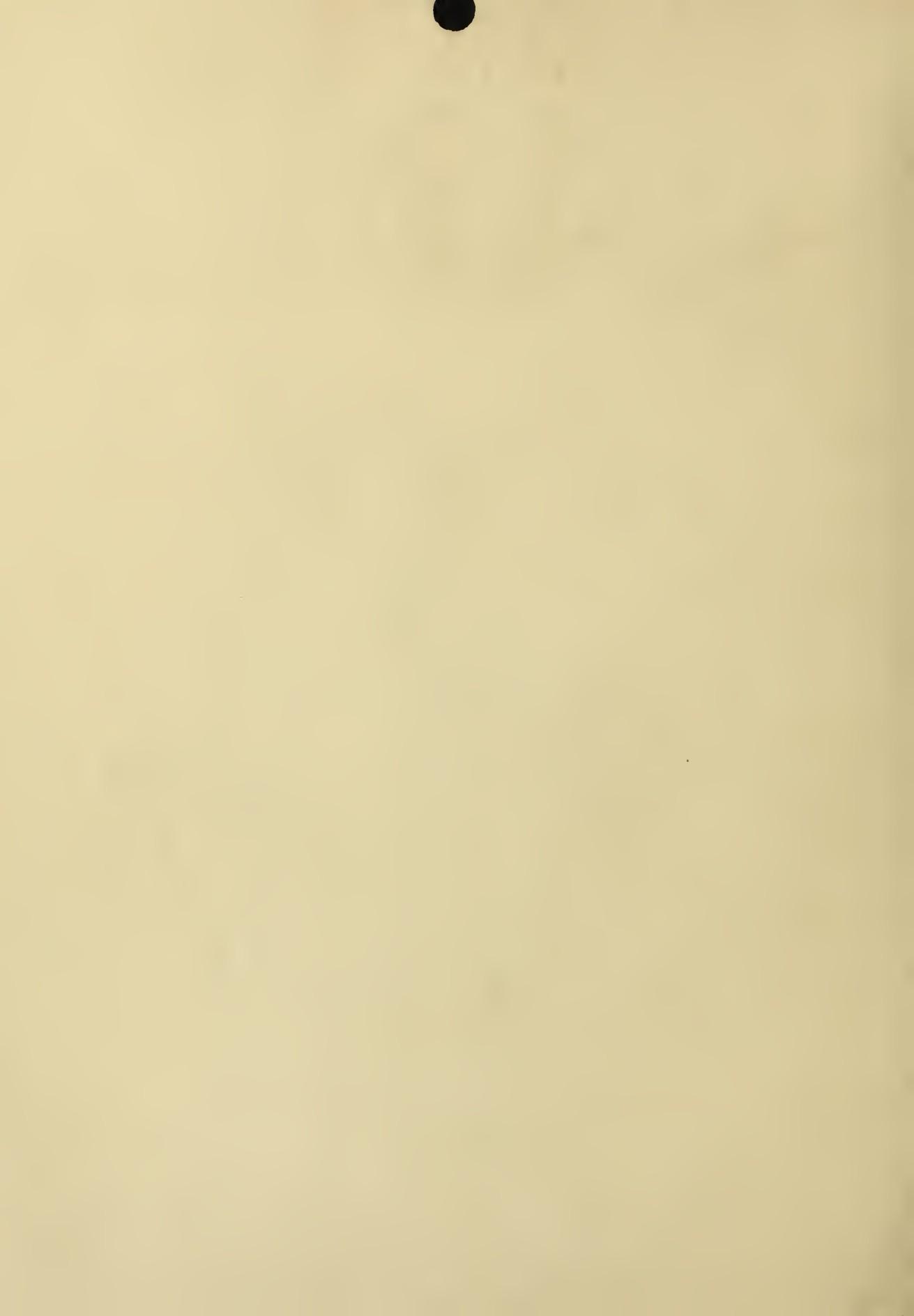
**ALL FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce Peas or string beans Tomatoes Turnips or carrots Cabbage or onions Other vegetables Apples or pears Oranges or grapefruit Other fruit Berries Fruit gelatin				<b>HOW SHALL WE CHOOSE OUR FOOD?</b>
					Every food you eat may be put into one of five groups. Each of these groups serves a special purpose in nourishing your body. You need some food from each group daily. Don't skip any.
<b>GROUP II</b> Foods characterized by protein	Lean meats Poultry Fish Oysters Milk Cheese Eggs Dried legumes Nuts Cocoa (beverage) Custard Ice cream				
					If you use this food-group idea in planning your meals, you may be able to reduce the cost and to improve the quality.
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures Bread Crackers Macaroni Rice Tapioca Cereal breakfast foods Other cereal food Potatoes				By employing the food-group plan you will become familiar with the classification of all foods, the foods which make up the groups, their place in the food program, and their importance in the diet.
<b>GROUP IV</b> Foods characterized by sugar	Sirup Honey Preserves Jellies Dried fruits Candy Sugar Frozen ices				"Choose food wisely!" "Cook it carefully!" "Serve it nicely!"—Isabel Bevier, Director of Home Economics, University of Illinois.
<b>GROUP V</b> Foods characterized by fats	Butter Cream Lard Salt pork Bacon Chocolate Vegetable oils				
<b>BEVERAGES</b>	Coffee Tea				

Breakfast—B   Dinner—D   Lunch—L   Supper—S

Adapted from Thrift Leaflet No. 15, U. S. Department of Agriculture and Treasury Department.

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
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FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 3

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>TO PROMOTE DIGESTION</b>  Make generous use of water. Drink at least 6 glasses every day. Choose watery foods, succulent fruits and vegetables, beverages, and soups to supply more water in the diet.
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				Include bulky foods in the diet. They not only promote digestion but help to correct constipation. They are essential in a healthy diet. Eat coarse foods, fruit, and vegetables every day.
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
<b>GROUP III</b>  Foods characterized by starch	Cocoa (beverage).....				See that the teeth are clean, sound, and healthy—they are an index to good digestion. To keep them in good condition, bone and teeth foods (those that furnish minerals to the diet) must be provided.
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
<b>GROUP IV</b>  Foods characterized by sugar	Rice.....				Out-of-door exercise is essential for parent and child. The right kind of exercise and recreation may prevent headache and stomach trouble.
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
	Sirup.....				
	Honey.....				
<b>GROUP V</b>  Foods characterized by fats	Preserves.....				Get plenty of sleep and plenty of fresh air. "The only night air that is injurious is last night's. Open the windows and let it out."
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
	Butter.....				
<b>BEVERAGES</b>	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
Vegetable oils.....					
Coffee.....					
Tea.....					

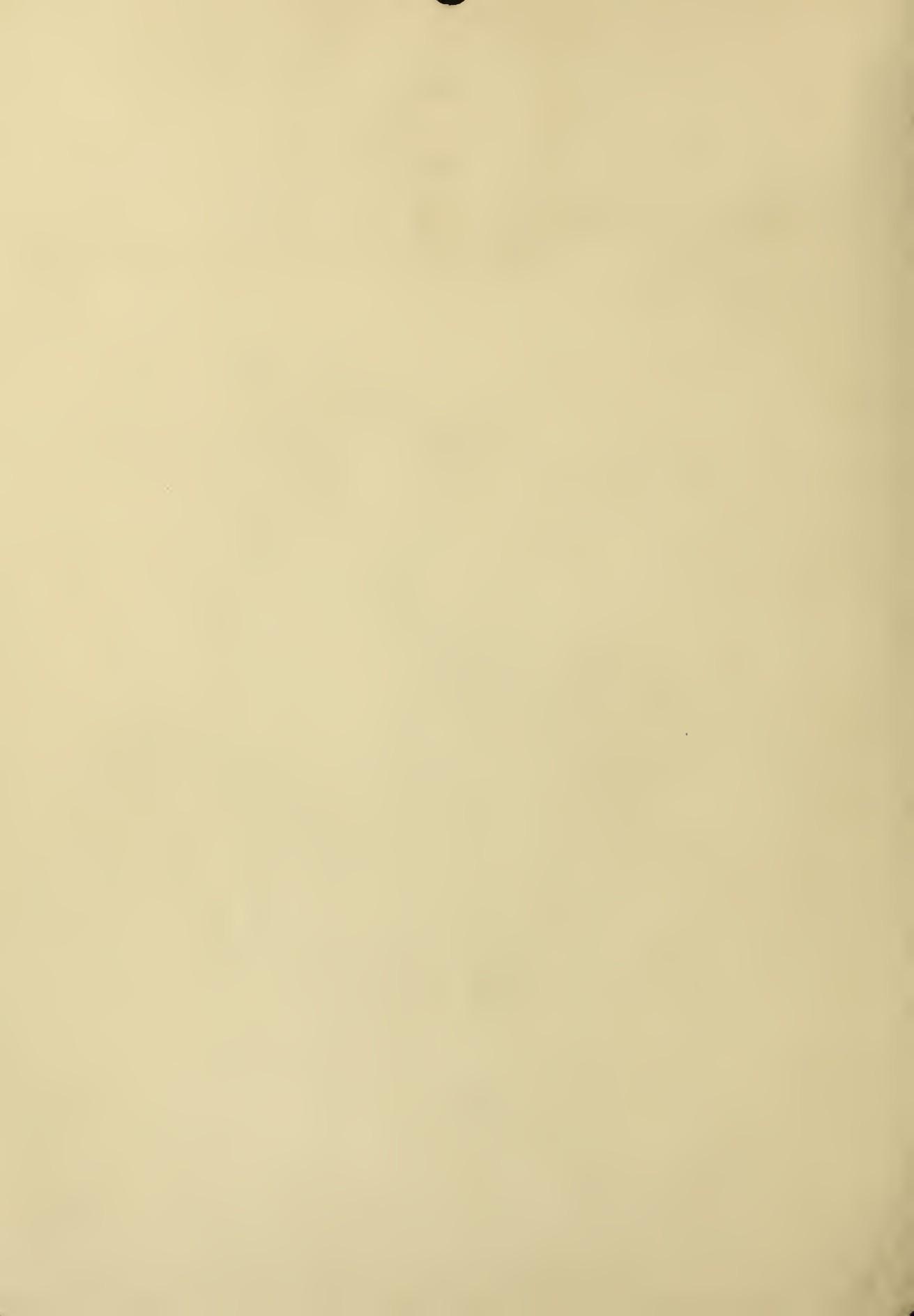
Breakfast—B

Dinner—D

Lunch—L

Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



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**FOOD CALENDAR**

**DAILY RECORD**

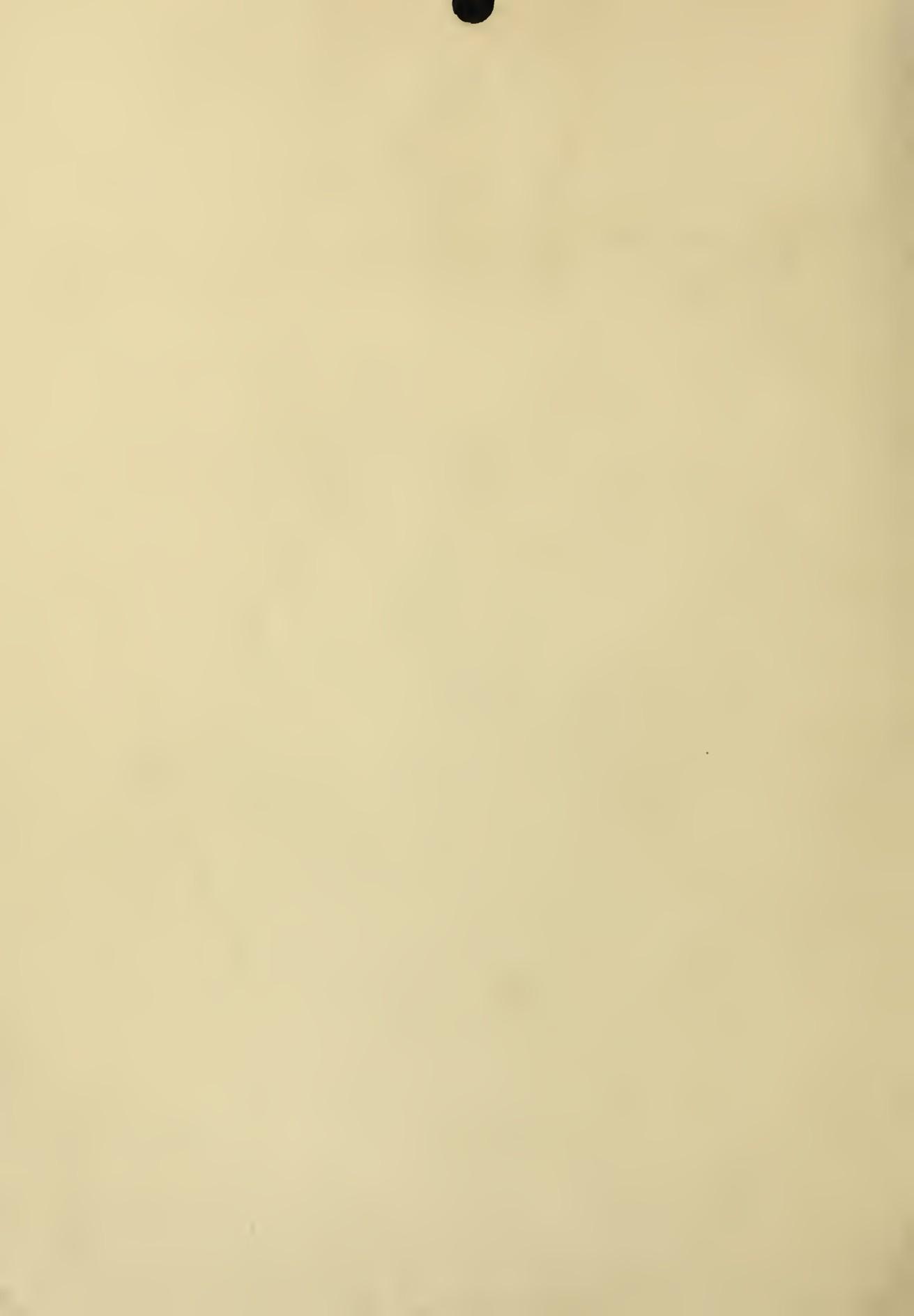
Month \_\_\_\_\_ Day 4

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>BUILDING A MEAL</b>  Five things to remember:
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....				(1) That each food group includes expensive foods and cheap foods. Expensive foods are usually chosen for their particular flavor or texture. Be reasonable and sane in your selection. Do you wish to pay for flavor, for texture, or for food value?
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....				(2) That you may substitute one food for another in the same group; that is, fruits for vegetables, fish for eggs, cream for butter.
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
<b>GROUP IV</b> Foods characterized by sugar	Other cereal food.....				(3) That if you wish to buy cheap fuel foods, you should select them from the cereal group: corn meal, grits, hominy, and oatmeal. The other food groups furnish fuel also, but the starch, sugar, and fat groups are those on which we depend most for fuel in our diet.
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b> Foods characterized by fats	Butter.....				(4) That a well-rounded diet includes the building foods (Group II). Meat, fish, eggs, etc., are more valuable as tissue builders than as fuel foods, altho they are capable also of producing both heat and energy.
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				
<b>BEVERAGES</b>					

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



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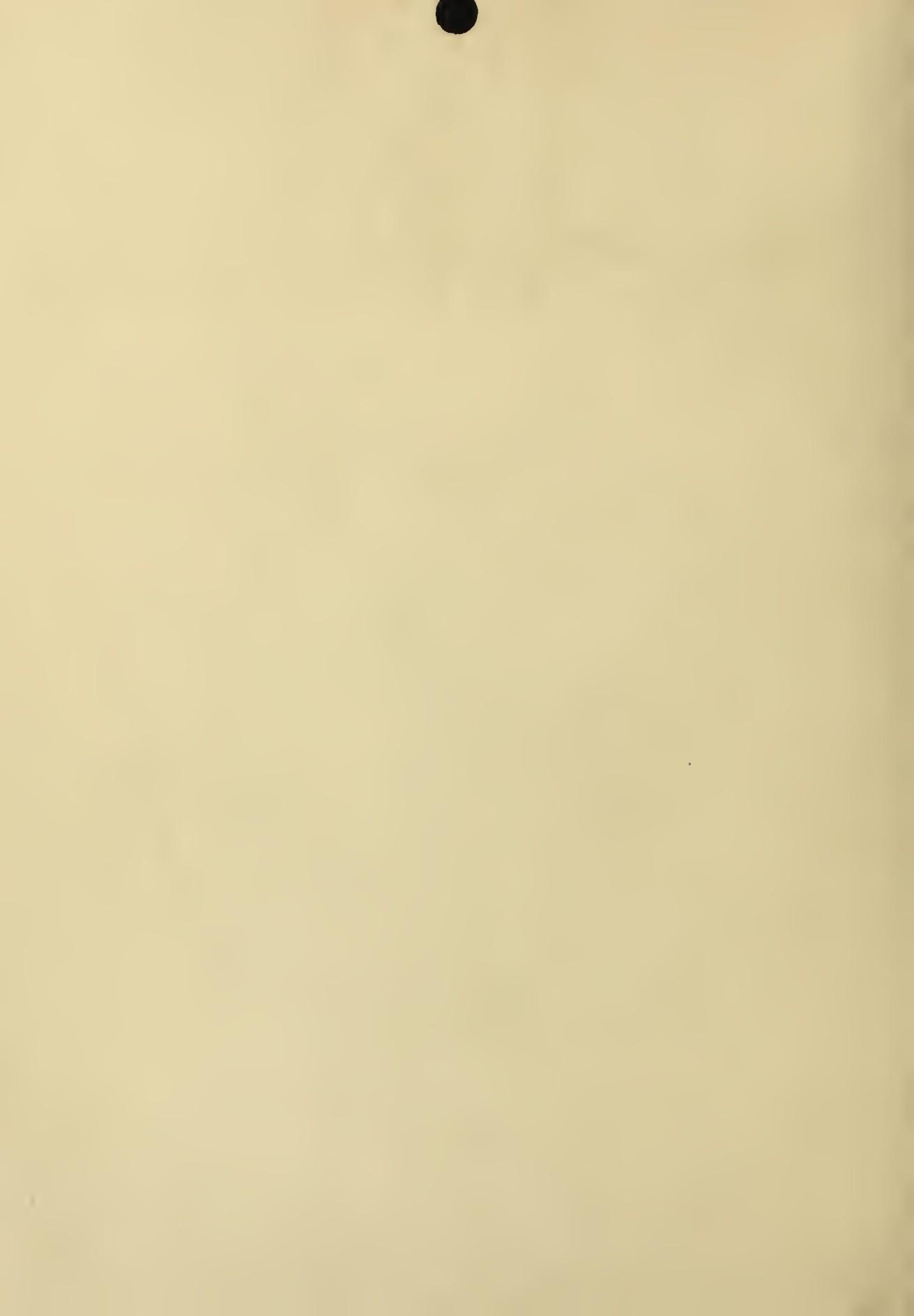
**FOOD CALENDAR**

DAILY RECORD				Month_____	Day 5		
All <b>FIVE GROUPS</b> should be represented in the diet <b>EVERY DAY</b>							
	B	D	L or S				
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			<b>IS COOKING LUCK OR IS IT A SCIENCE?</b>			
	Peas or string beans.....			When the housekeeper knows a few fundamental recipes which are capable of variation, and knows how to modify them to meet changing conditions (H. C. L. or scarcity of sugar), she has a working basis for intelligent and scientific cookery.			
	Tomatoes.....						
	Turnips or carrots.....						
	Cabbage or onions.....						
	Other vegetables.....						
	Apples or pears.....						
	Oranges or grapefruit.....						
	Other fruit.....						
	Berries.....						
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....						
	Lean meats.....			To make a cake by guess or by the "hit and miss" method is poor economy, for the cake is likely to be only fair. To put together different food materials following scientific principles is not only wise but safe and sure—the cake will be a success.			
	Poultry.....						
	Fish.....						
	Oysters.....						
	Milk.....						
	Cheese.....						
	Eggs.....						
	Dried legumes.....						
	Nuts.....						
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....			To obtain identical results day after day in cooking remember—			
	Custard.....						
	Ice cream.....						
	Flour or meal mixtures.....						
	Bread.....						
	Crackers.....						
	Macaroni.....						
	Rice.....						
	Tapioca.....						
	Cereal breakfast foods.....						
<b>GROUP IV</b> Foods characterized by sugar	Other cereal food.....						
	Potatoes.....						
	Sirup.....			<b>WEIGHTS AND MEASURES</b>			
	Honey.....						
	Preserves.....			3 teaspoons=1 tablespoon	2 pints=1 quart		
	Jellies.....			16 tablespoons=1 cup	4 quarts=1 gallon		
	Dried fruits.....			2 cups=1 pint	1 cup=8 ounces of fat		
	Candy.....						
	Sugar.....						
	Frozen ices.....						
<b>GROUP V</b> Foods characterized by fats	Butter.....			All materials are measured level, i.e., by filling the cup or spoon more than full and leveling with a spatula. This applies to liquids which "round up" in spoons, as well as to dry materials. Flour, meal, and fine sugar are measured <i>after sifting</i> . Measuring cups are not always accurate, and ordinary teaspoons vary considerably. Test spoons with each other and with the cup before using.			
	Cream.....						
	Lard.....						
	Salt pork.....						
	Bacon.....						
	Chocolate.....						
<b>BEVERAGES</b>							
Coffee.....							
Tea.....							

Breakfast—B      Dinner—D      Lunch—L      Supper—S

\*Adapted from "Freehand Cooking," American School of Home Economics.

Name\_\_\_\_\_ Address\_\_\_\_\_



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FOOD CALENDAR

DAILY RECORD

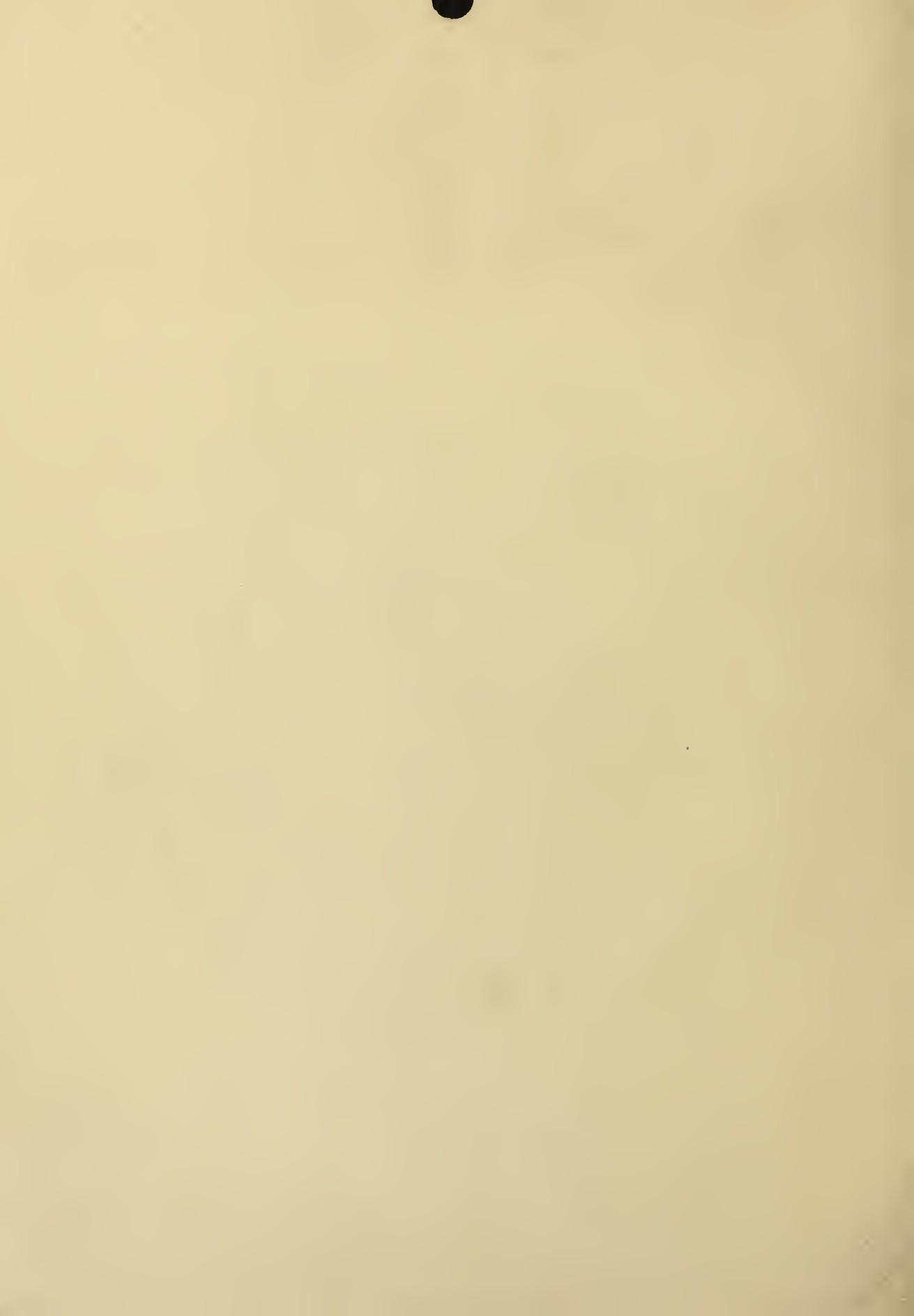
Month \_\_\_\_\_ Day 6

All FIVE GROUPS should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....				
	Lean meats.....	3	average	apples	=1 pound
	Poultry.....	3	small	oranges	=1 pound
	Fish.....	3+	medium	bananas	=1 pound
	Oysters.....	3+	medium	potatoes (white)	=1 pound
	Milk.....	3+	medium	potatoes (sweet)	=1 pound
	Cheese.....	5+	medium	carrots	=1 pound
	Eggs.....	5	medium	beets	=1 pound
	Dried legumes.....	5+	medium	turnips	=1 pound
	Nuts.....	2	cups	rice (raw)	=1 pound
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....	2	cups	sugar (gran.)	=1 pound
	Custard.....	2½	cups	sugar (powd.)	=1 pound
	Ice cream.....	2	cups	butter	=1 pound
	Flour or meal mixtures.....	2	cups	lard	=1 pound
	Bread.....	2	cups	water	=1 pound
	Crackers.....	2	cups	milk	=1 pound
	Macaroni.....	2	cups	beans (dry)	=1 pound
<b>GROUP IV</b> Foods characterized by sugar	Rice.....	2	cups	oatmeal	=1 pound
	Tapioca.....	2	cups	corn meal	=1 pound
	Cereal breakfast foods.....	2	cups	flour	=1 pound
	Other cereal food.....	2	cups	rye	=1 pound
	Potatoes.....	2	cups	coffee (ground)	=1 pound
	Sirup.....	2½	cups	eggs	=1 pound
	Honey.....	2½	cups	eggs	=1 pound
<b>GROUP V</b> Foods characterized by fats	Preserves.....	2½	cups	eggs	=1 pound
	Jellies.....	3¾	cups	eggs	=1 pound
	Dried fruits.....	4⅓	cups	eggs	=1 pound
	Candy.....	5	cups	eggs	=1 pound
	Sugar.....	8	large	eggs	=1 pound
	Frozen ices.....	9	medium	eggs	=1 pound
	Butter.....	10	small	eggs	=1 pound
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
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FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 7

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
<b>GROUP III</b>  Foods characterized by starch	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
<b>GROUP IV</b>  Foods characterized by sugar	Other cereal food.....				
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>  Foods characterized by fats	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

**TIME TABLE FOR COOKING PROCESSES**

Bread, medium loaf.....	45–60 minutes
Quick doughs .....	8–15 minutes
Cookies .....	8–12 minutes
Cake, layer.....	15–30 minutes
Cake, loaf (average).....	35–60 minutes
Pies .....	30–50 minutes
Souffle.....	15–20 minutes
Baked beans.....	5– 6 hours

Meat:

Beef roast.....	15–25 min. per lb
Beef, boiling <sup>1</sup> .....	40 min. per lb
Roast pork or veal.....	30 min. per lb
Roast chicken, old.....	30 min. per lb
Roast turkey, young.....	30 min. per lb
Fish, baked.....	20 min. per lb
Fish, boiled .....	15 min. per lb
Ham (12 to 14 lbs.).....	5– 6 hours
Corned beef.....	60 min. per lb

Vegetables:

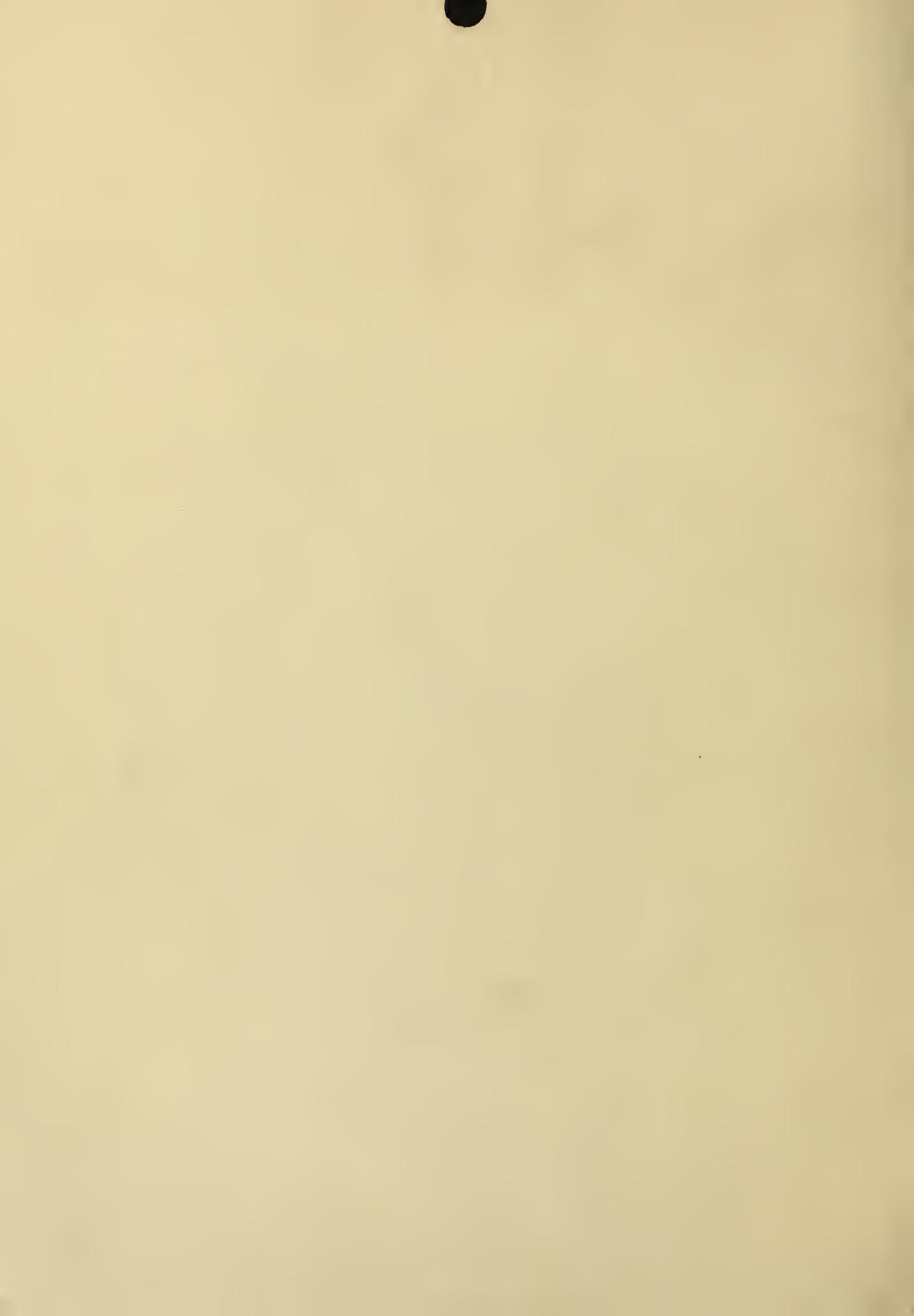
Asparagus .....	15–30 minutes
Beans, string .....	30–60 minutes
Beets, old .....	2– 4 hours
Beets, young .....	45–60 minutes
Cabbage.....	15–30 minutes
Carrots, young .....	15–30 minutes
Carrots, old .....	30–60 minutes
Cauliflower.....	15–30 minutes
Green corn.....	10–15 minutes
Onions.....	30–45 minutes
Peas, green.....	20–30 minutes
Potatoes, sweet.....	15–30 minutes
Potatoes, white.....	20–30 minutes
Spinach.....	15–20 minutes
Squash.....	20–30 minutes
Turnip, parsnip.....	30–45 minutes

The time stated is for boiling vegetables.

Min.=minutes. Lb.=pound.

<sup>1</sup>Tough meat should be seared, then simmered for a long time.

Name \_\_\_\_\_ Address \_\_\_\_\_



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**DAILY RECORD**

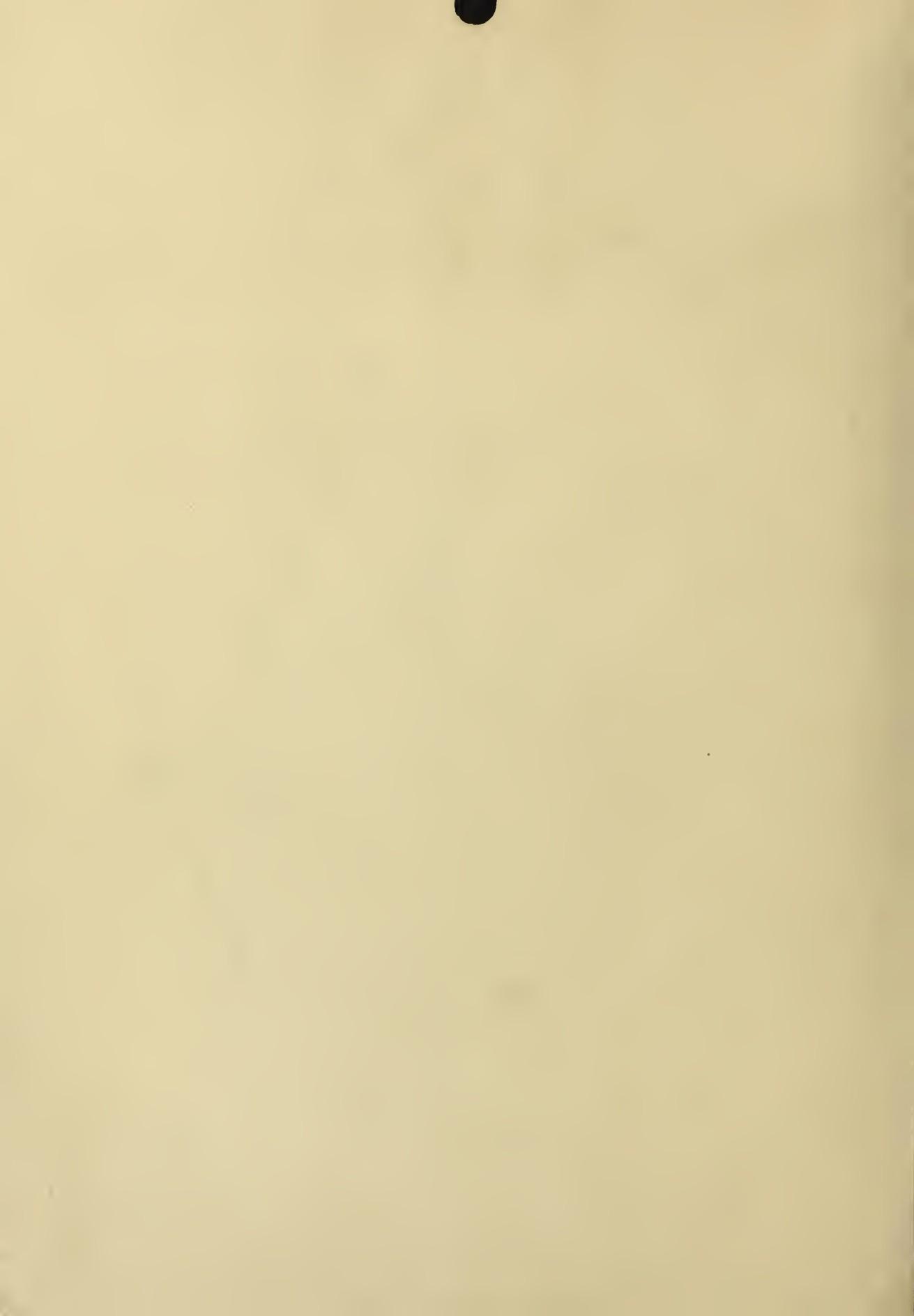
Month \_\_\_\_\_ Day 8

All FIVE GROUPS should be represented in the diet **EVERY DAY**

		B	D	L or S	
GROUP I Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				TIME TABLE FOR STERILIZATION OF FRUITS AND VEGETABLES
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
GROUP II Foods characterized by protein	Fruit gelatin.....				Pressure Scald Steam Cooker ( Minutes )
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
GROUP III Foods characterized by starch	Cocoa (beverage).....				Fruits:
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
GROUP IV Foods characterized by sugar	Other cereal food.....				Vegetables:
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
GROUP V Foods characterized by fats	Butter.....				Asparagus . . . . . 10 180 60 Beans* . . . . . 5-10 180 60 Beets . . . . . 5 120 60 Cabbage . . . . . 5 120 60 Carrots . . . . . 5 120 60 Corn . . . . . 5-10 180 60 Greens . . . . . 15 180 60 Peas . . . . . 5-10 180 60 Peppers . . . . . 5-10 120 60 Pumpkin . . . . . 3 180 60 Squash . . . . . 3 180 60 Sweet potatoes.. . . . . 5 90 60 Tomatoes . . . . . 1½ 20-30 15 Soup combinations . . . . . no 90 60 Vegetable combinations . . . . . 5-10 120 60
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Adapted from "Home Canning by the Cold-Pack Method" (2d ed.), Newburn, University of Illinois.

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
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**FOOD CALENDAR**

**DAILY RECORD**

Month \_\_\_\_\_ Day 9

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				PROPORTIONS  Two Types of Cakes  Sponge cakes:  + eggs—1 c sugar, 1 c flour 1 Tb lemon juice, 1 t salt —or 5 eggs—other ingredients the same as above —or 6 eggs—other ingredients the same as above  The method of mixing and the baking are the two factors which will make the sponge cake a success or a failure (see any good cook book for directions).
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....				Butter cakes:  Plain—3 c flour, 1 c liquid, $\frac{1}{4}$ c fat, 1 egg, 6 t baking powder, $1\frac{1}{2}$ c sugar, flavoring, $\frac{1}{2}$ t salt.  Rich—3 c flour, $\frac{3}{4}$ c liquid, $\frac{3}{4}$ c fat, 3 eggs, + t baking powder; other ingredients same as for plain cake.  Very rich—3 c flour, $\frac{1}{2}$ c liquid, 1 c fat, 6 eggs, 3 t baking powder, other ingredients same as for plain cake.
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures.....				The proportion of ingredients used and the temperature of the oven are essentials for satisfactory butter cakes.
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
<b>GROUP IV</b> Foods characterized by sugar	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preservcs.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
<b>GROUP V</b> Foods characterized by fats	Sugar.....				
	Frozen ices.....				
	Butter.....				
	Cream.....				
	Lard.....				
<b>BEVERAGES</b>	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Breakfast—B Dinner—D Lunch—L Supper—S

Adapted from "Food and the War," U. S. Food Administration.

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

Month \_\_\_\_\_ Day 10

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>SHORTENING</b>
	Peas or string beans.....				Fats are added to doughs to make the product "short" and to enrich the mixture. The fat counteracts the adhesive properties of the gluten and starch in flour.
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....				Pastry flours contain less gluten than bread flours, and so require less shortening.
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....				Butter and oleomargarine contain about $\frac{1}{8}$ water and salt, and thus have less shortening power than lard, drippings, snowdrift, cottolene, etc., which contain no water.
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
<b>GROUP IV</b> Foods characterized by sugar	Other cereal food.....				Proportions for pastry:
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b> Foods characterized by fats	Butter.....				2 c flour: $\frac{1}{2}$ to 1 Tb fat for yeast dough 2 c flour: 4 Tb fat for shortcake 2 c flour: 6 Tb fat for cake 2 c flour: 8 Tb ( $\frac{1}{2}$ c) fat for cookies 2 c flour: 8 Tb ( $\frac{1}{2}$ c) fat for pie 2 c flour: 16 Tb (1 c) fat for fancy pastry
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Adapted from "Freehand Cooking," American School of Home Economics.

Breakfast—B Dinner—D Lunch—L Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

Month \_\_\_\_\_ Day 11

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S																													
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>THICKENING AGENTS</b>  The common thickening agents are flour, cornstarch, rice flour, potato flour, arrow-root, and eggs. Gelatin and sea moss, and junket for milk, may also be used as thickening agents.																												
	Peas or string beans.....																																
	Tomatoes.....																																
	Turnips or carrots.....																																
	Cabbage or onions.....																																
	Other vegetables.....																																
	Apples or pears.....																																
	Oranges or grapefruit.....																																
	Other fruit.....																																
	Berries.....																																
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....				Proportions for thickening:  1 c soup requires 1 Tb flour. 1 c gravy requires 2 Tb flour. 1 c brown gravy requires 5 Tb browned flour. 1 c cornstarch pudding requires 2 Tb cornstarch. 1 c custard requires 1 egg. 1 c gelatin jelly requires $\frac{1}{2}$ Tb granulated gelatin if cooled on ice.																												
	Lean meats.....																																
	Poultry.....																																
	Fish.....																																
	Oysters.....																																
	Milk.....																																
	Cheese.....																																
	Eggs.....																																
	Dried legumes.....																																
	Nuts.....																																
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....				Proportions for white sauce:  <table style="margin-left: auto; margin-right: auto;"><tr><td style="text-align: right;">Liquid</td><td style="text-align: right;">Fat</td><td style="text-align: right;">Flour</td><td style="text-align: right;">Use</td></tr><tr><td>Thin . . . .</td><td>1 c</td><td>1 Tb</td><td>1 Tb</td></tr><tr><td>Medium . . . .</td><td>1 c</td><td>1 Tb</td><td>2 Tb</td></tr><tr><td>Thick . . . .</td><td>1 c</td><td>1 Tb</td><td>4 Tb</td></tr><tr><td></td><td></td><td></td><td>Soup</td></tr><tr><td></td><td></td><td></td><td>Creamed dishes</td></tr><tr><td></td><td></td><td></td><td>Binding agent</td></tr></table>	Liquid	Fat	Flour	Use	Thin . . . .	1 c	1 Tb	1 Tb	Medium . . . .	1 c	1 Tb	2 Tb	Thick . . . .	1 c	1 Tb	4 Tb				Soup				Creamed dishes				Binding agent
Liquid	Fat	Flour	Use																														
Thin . . . .	1 c	1 Tb	1 Tb																														
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Cereal breakfast foods.....																																	
<b>GROUP IV</b> Foods characterized by sugar	Other cereal food.....				Proportions for white sauce:  <table style="margin-left: auto; margin-right: auto;"><tr><td style="text-align: right;">Liquid</td><td style="text-align: right;">Fat</td><td style="text-align: right;">Flour</td><td style="text-align: right;">Use</td></tr><tr><td>Thin . . . .</td><td>1 c</td><td>1 Tb</td><td>1 Tb</td></tr><tr><td>Medium . . . .</td><td>1 c</td><td>1 Tb</td><td>2 Tb</td></tr><tr><td>Thick . . . .</td><td>1 c</td><td>1 Tb</td><td>4 Tb</td></tr><tr><td></td><td></td><td></td><td>Soup</td></tr><tr><td></td><td></td><td></td><td>Creamed dishes</td></tr><tr><td></td><td></td><td></td><td>Binding agent</td></tr></table>	Liquid	Fat	Flour	Use	Thin . . . .	1 c	1 Tb	1 Tb	Medium . . . .	1 c	1 Tb	2 Tb	Thick . . . .	1 c	1 Tb	4 Tb				Soup				Creamed dishes				Binding agent
Liquid	Fat	Flour	Use																														
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Potatoes.....																																	
Sirup.....																																	
Honey.....																																	
Preserves.....																																	
Jellies.....																																	
Dried fruits.....																																	
<b>GROUP V</b> Foods characterized by fats	Candy.....				Proportions for white sauce:  <table style="margin-left: auto; margin-right: auto;"><tr><td style="text-align: right;">Liquid</td><td style="text-align: right;">Fat</td><td style="text-align: right;">Flour</td><td style="text-align: right;">Use</td></tr><tr><td>Thin . . . .</td><td>1 c</td><td>1 Tb</td><td>1 Tb</td></tr><tr><td>Medium . . . .</td><td>1 c</td><td>1 Tb</td><td>2 Tb</td></tr><tr><td>Thick . . . .</td><td>1 c</td><td>1 Tb</td><td>4 Tb</td></tr><tr><td></td><td></td><td></td><td>Soup</td></tr><tr><td></td><td></td><td></td><td>Creamed dishes</td></tr><tr><td></td><td></td><td></td><td>Binding agent</td></tr></table>	Liquid	Fat	Flour	Use	Thin . . . .	1 c	1 Tb	1 Tb	Medium . . . .	1 c	1 Tb	2 Tb	Thick . . . .	1 c	1 Tb	4 Tb				Soup				Creamed dishes				Binding agent
Liquid	Fat	Flour	Use																														
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			Soup																														
			Creamed dishes																														
			Binding agent																														
Sugar.....																																	
Frozen ices.....																																	
Butter.....																																	
Cream.....																																	
Lard.....																																	
Salt pork.....																																	
<b>BEVERAGES</b>	Bacon.....				c=cup. Tb=tablespoon.																												
	Chocolate.....																																
	Vegetable oils.....																																
					Adapted from "Freehand Cooking," American School of Home Economics.																												

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

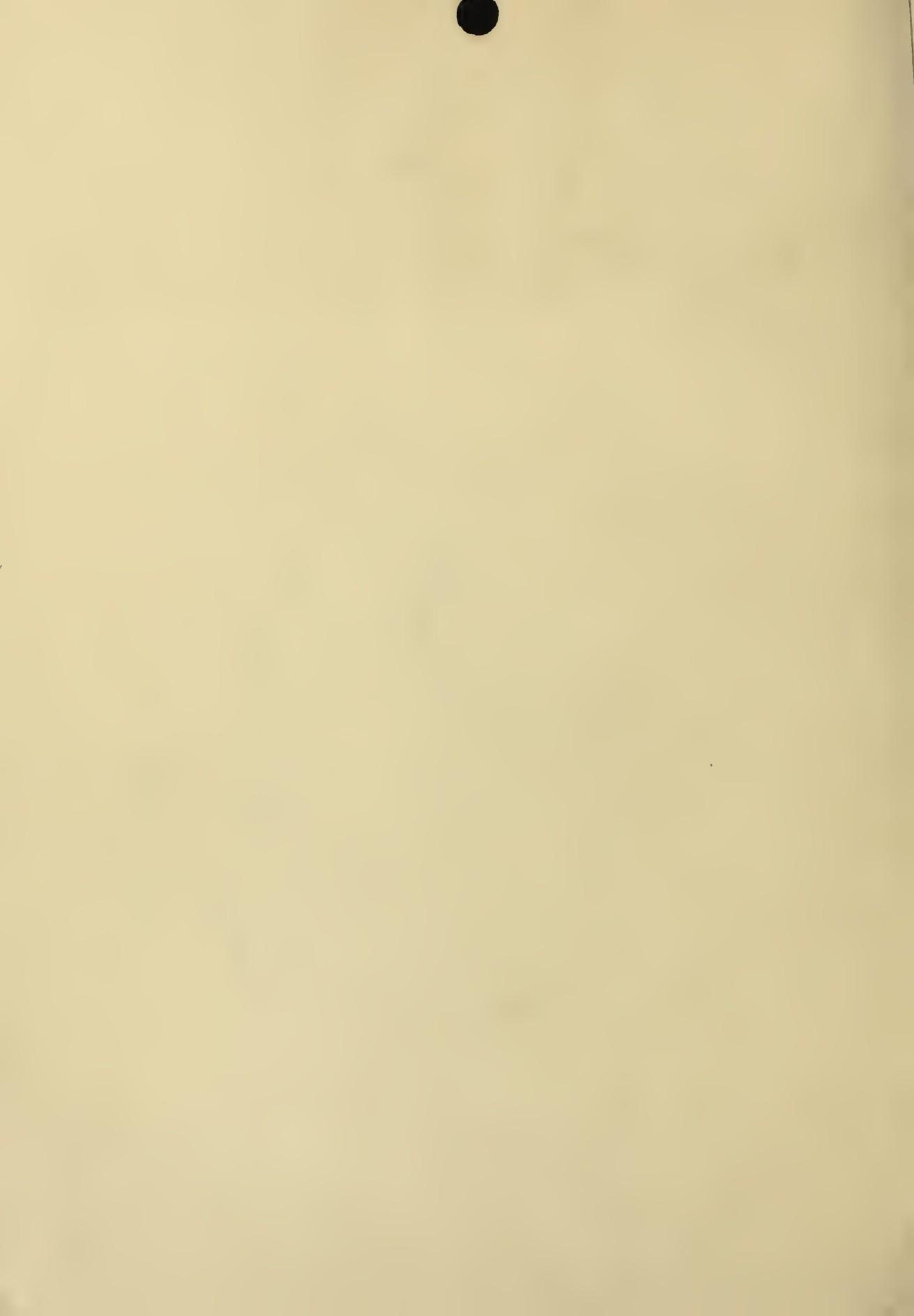
Month \_\_\_\_\_ Day 12

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>THE NEED FOR A HOT LUNCH</b>  Is your child one of the five million in the United States who are suffering from malnutrition? "Poverty is not the most important cause of this serious barrier to healthy development."
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
	Fruit gelatin.....				
<b>GROUP II</b> Foods characterized by protein	Lean meats.....				Is your child—  Forgetful? Restless? Unhappy? Irritable? Over-sensitive? Listless in work and play? Over-tired? Lacking in power of self-control? Lacking in power of concentration? Under weight? Flabby-fat and muscles under-developed? Pale, delicate, sallow?
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures.....				Is your child carrying a cold picnic lunch 5 days a week, 22 days a month, 198 days a year?
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b> Foods characterized by sugar	Sirup.....				Is your child fortunate enough to be in a school where the hot dish is served?
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b> Foods characterized by fats	Butter.....				McLean County had 43 such schools last year. LaSalle County had 23 schools. Lake County had 7 schools. Champaign County had 3 schools. Mercer County had 2 schools. Macon County had 1 school.
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>					
	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

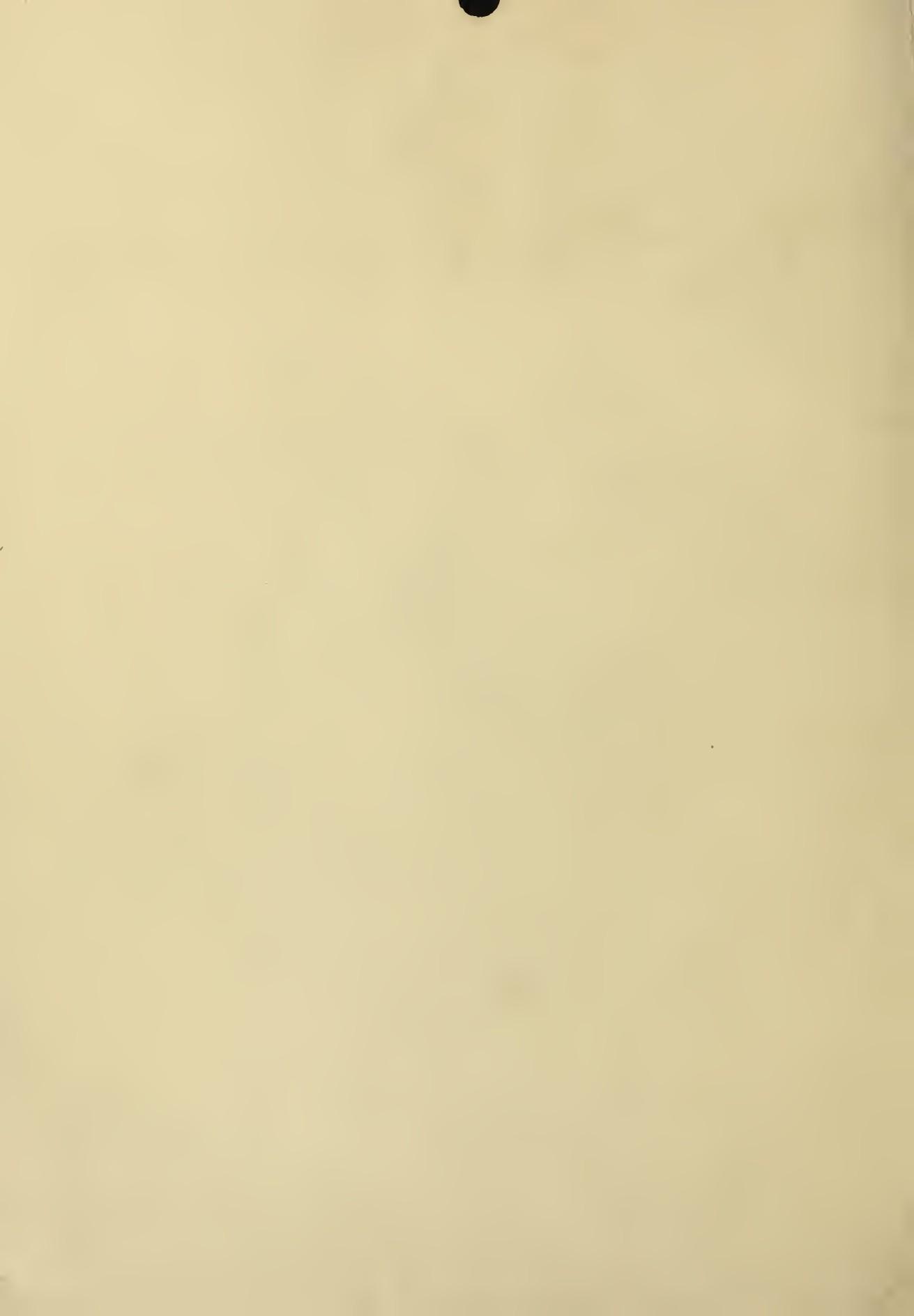
Month \_\_\_\_\_ Day 13

All FIVE GROUPS should be represented in the diet **EVERY DAY**

		B	D	L or S	EIGHT REASONS FOR THE HOT SCHOOL LUNCH
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				To teach the use of right foods for the growth and development of boys and girls.
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
	Fruit gelatin.....				
<b>GROUP II</b>  Foods characterized by protein	Lean meats.....				To teach the preparation of "growing" foods.
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
<b>GROUP III</b>  Foods characterized by starch	Flour or meal mixtures.....				To give the child a variety in the lunch.
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>  Foods characterized by sugar	Sirup.....				To give the child more milk and milk dishes. One quart of milk a day should be used when possible.
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>  Foods characterized by fats	Butter.....				To give the child an opportunity to form good, sane habits of eating. Bolting the lunch at school or home is the first step leading to digestive troubles. Teach children to eat slowly.
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>		Coffee.....			<i>The child's ration should be as carefully planned as the ration for our live stock.</i>
		Tea.....			

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 14

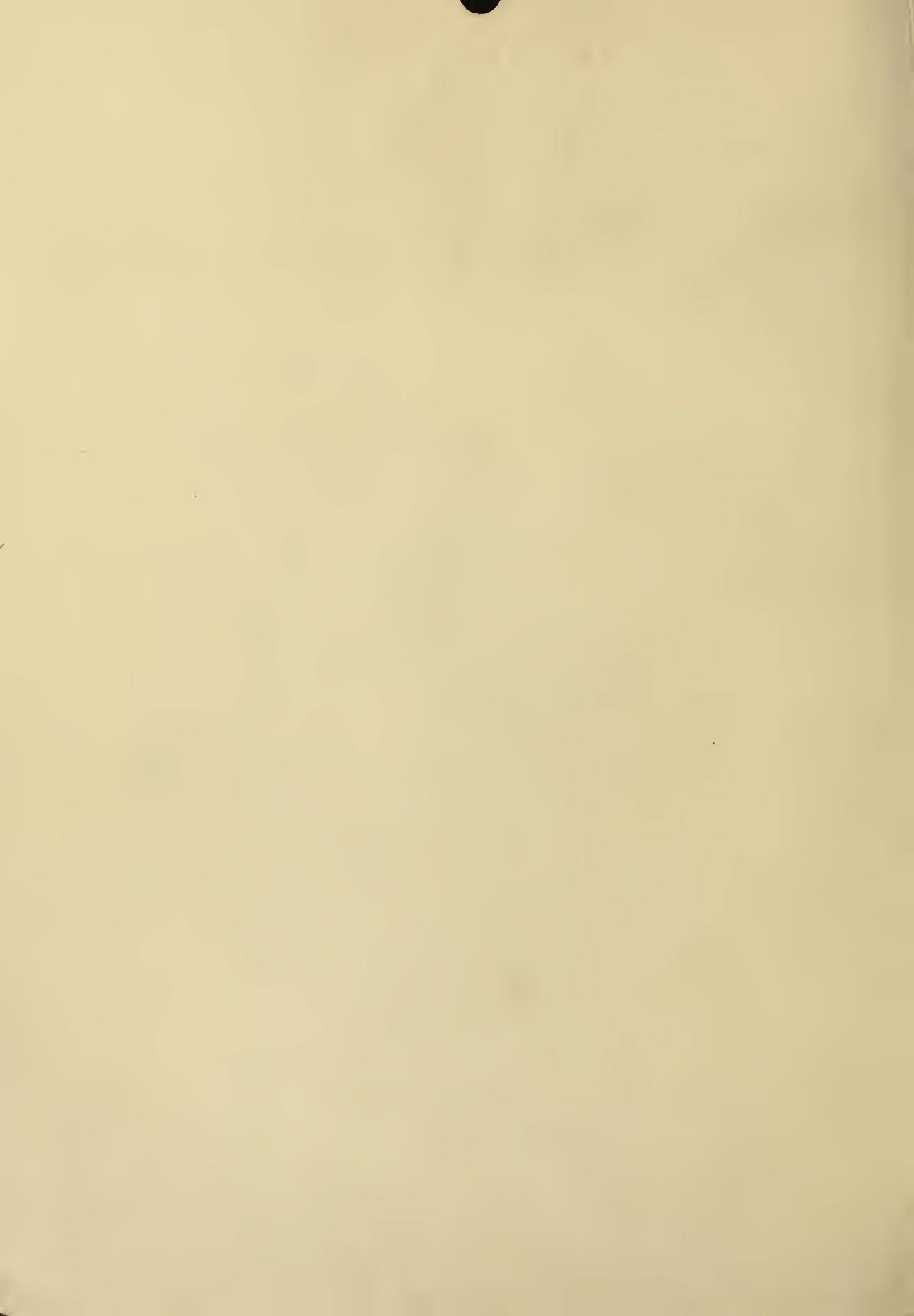
**ALL FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				A HOT DISH FOR THE SCHOOL LUNCH
	Peas or string beans.....				Every child "needs a hot nourishing lunch at midday. The school lunch served should be a part of every school in the country and especially of the rural school."
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
	Fruit gelatin.....				Every child is entitled to three carefully selected and prepared meals every day of his life.
<b>GROUP II</b>  Foods characterized by protein	Lean meats.....				
	Poultry.....				Every child should be taught—
	Fish.....				What to eat
	Oysters.....				When to eat
	Milk.....				How to eat
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				Every child should be up to standard weight. If your child is under weight, find the cause.
	Custard.....				Ill health may be due to—
	Ice cream.....				
<b>GROUP III</b>  Foods characterized by starch	Flour or meal mixtures.....				
	Bread.....				Wrong food
	Crackers.....				Insufficient food
	Macaroni.....				Badly cooked food
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				Calorie requirement in childhood <sup>1</sup>
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>  Foods characterized by sugar	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>  Foods characterized by fats	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

<sup>1</sup>From "Feeding the Family," Rose.

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

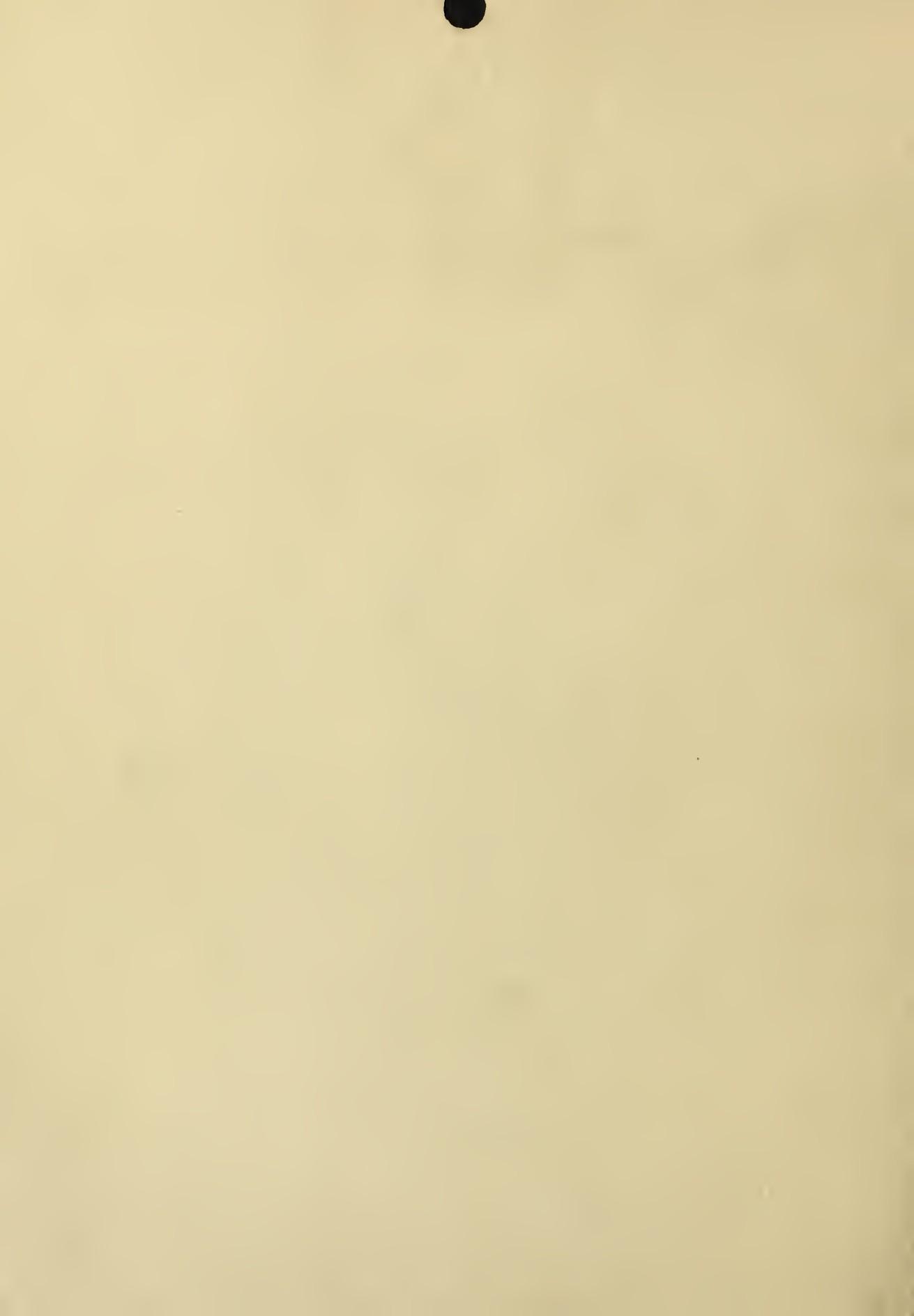
DAILY RECORD

Month \_\_\_\_\_ Day 15

All FIVE GROUPS should be represented in the diet **EVERY DAY**

		B	D	L or S	
GROUP I  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				RESULTS WHEN A HOT DISH IS SERVED
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
GROUP II  Foods characterized by protein	Fruit gelatin.....				“Children in schools where a hot dish is served are better nourished and do their school work, especially in the afternoon, with better results.”
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
GROUP III  Foods characterized by starch	Cocoa (beverage).....				Children show general health improvement—that is, a fuller physical development.
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
GROUP IV  Foods characterized by sugar	Other cereal food.....				Children show a greater resistance to disease.
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
GROUP V  Foods characterized by fats	Butter.....				Children show increased power in self-control, which means improved classroom conduct.
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				
Breakfast—B      Dinner—D      Lunch—L      Supper—S					

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

Month \_\_\_\_\_ Day 16

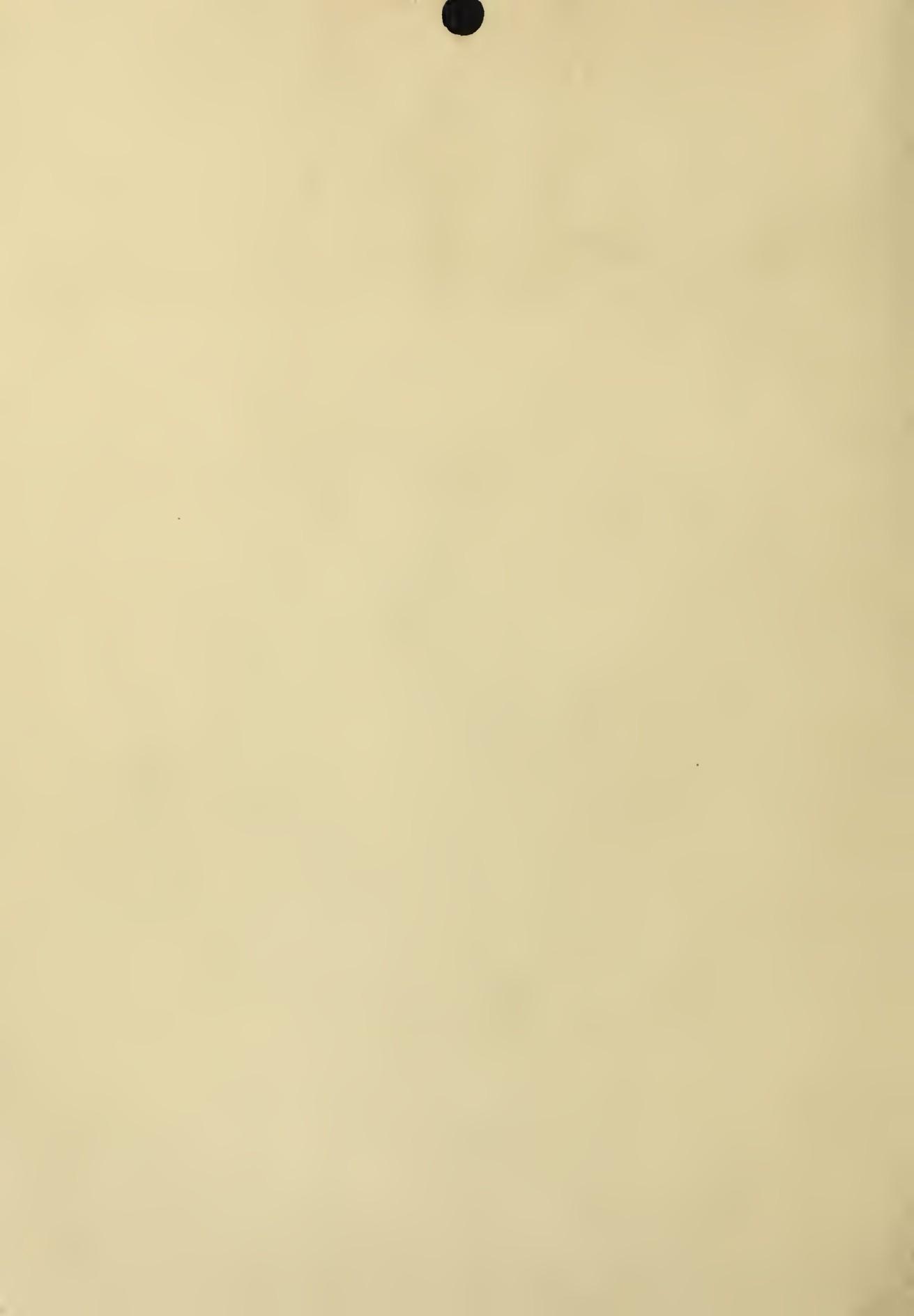
All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>THE MOST VALUABLE OF ALL FOODS</b>
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
	Fruit gelatin.....				
<b>GROUP II</b> Foods characterized by protein	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b> Foods characterized by sugar	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b> Foods characterized by fats	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Adapted from "Milk," Ruth Wheeler, University of Illinois.

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

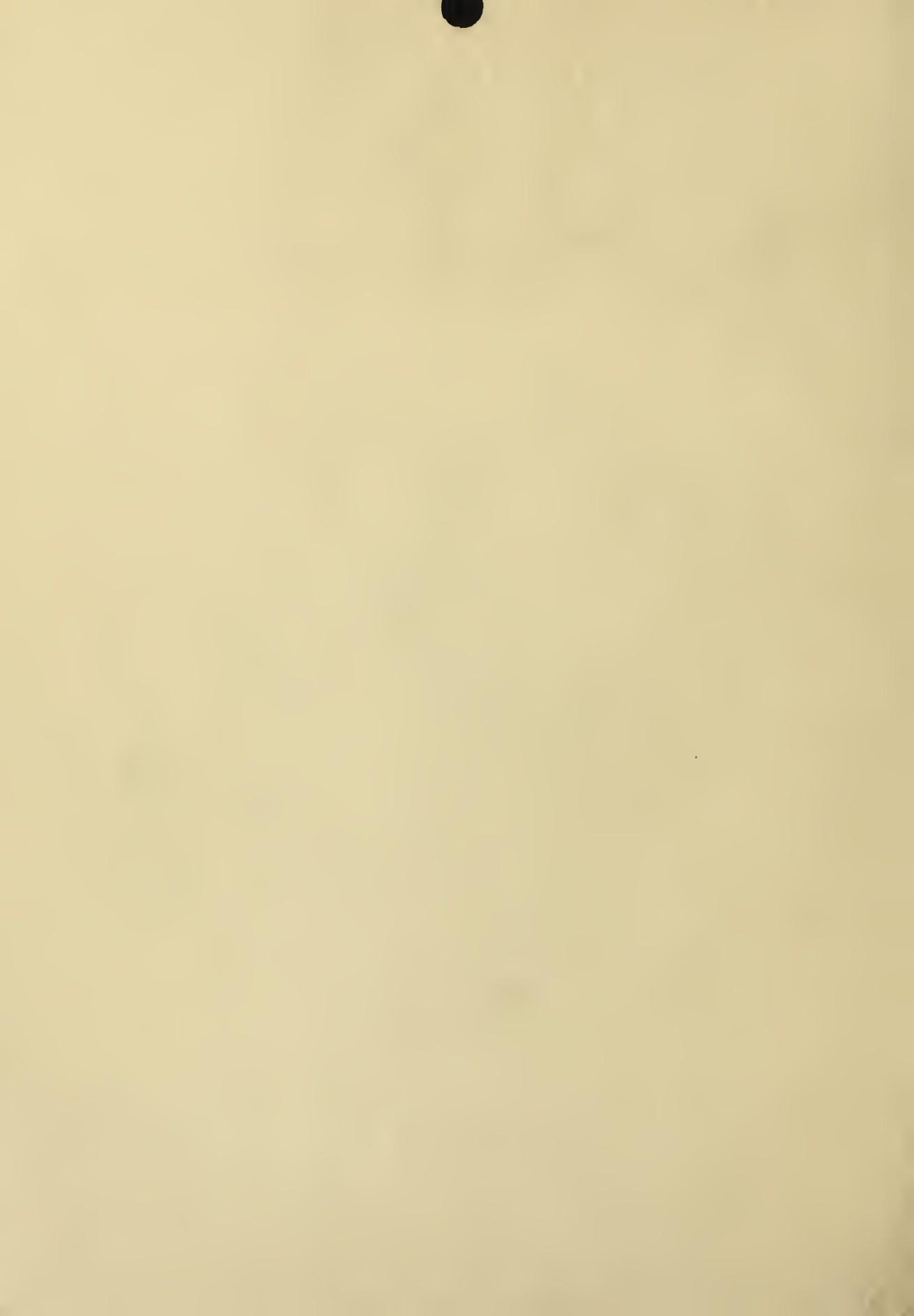
Month \_\_\_\_\_ Day 17

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				CLEAN MILK IS SAFE FOOD
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				Milk produced in a clean way, handled in a clean way, placed in clean dishes, closely covered, and kept cold should remain sweet for 24 hours or longer.
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
	Fruit gelatin.....				
<b>GROUP II</b> Foods characterized by protein	Lean meats.....				Spoiling of food is prevented by—
	Poultry.....				
	Fish.....				1. Cooling by means of ice, cold air, cold running water, evaporating water, heat-tight containers.
	Oysters.....				
	Milk.....				2. Heating: cooking, canning, preserving.
	Cheese.....				
	Eggs.....				3. Proper storage: placing in clean utensils and carefully covering to exclude dust and dirt.
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b> Foods characterized by sugar	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b> Foods characterized by fats	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

Month \_\_\_\_\_ Day 18

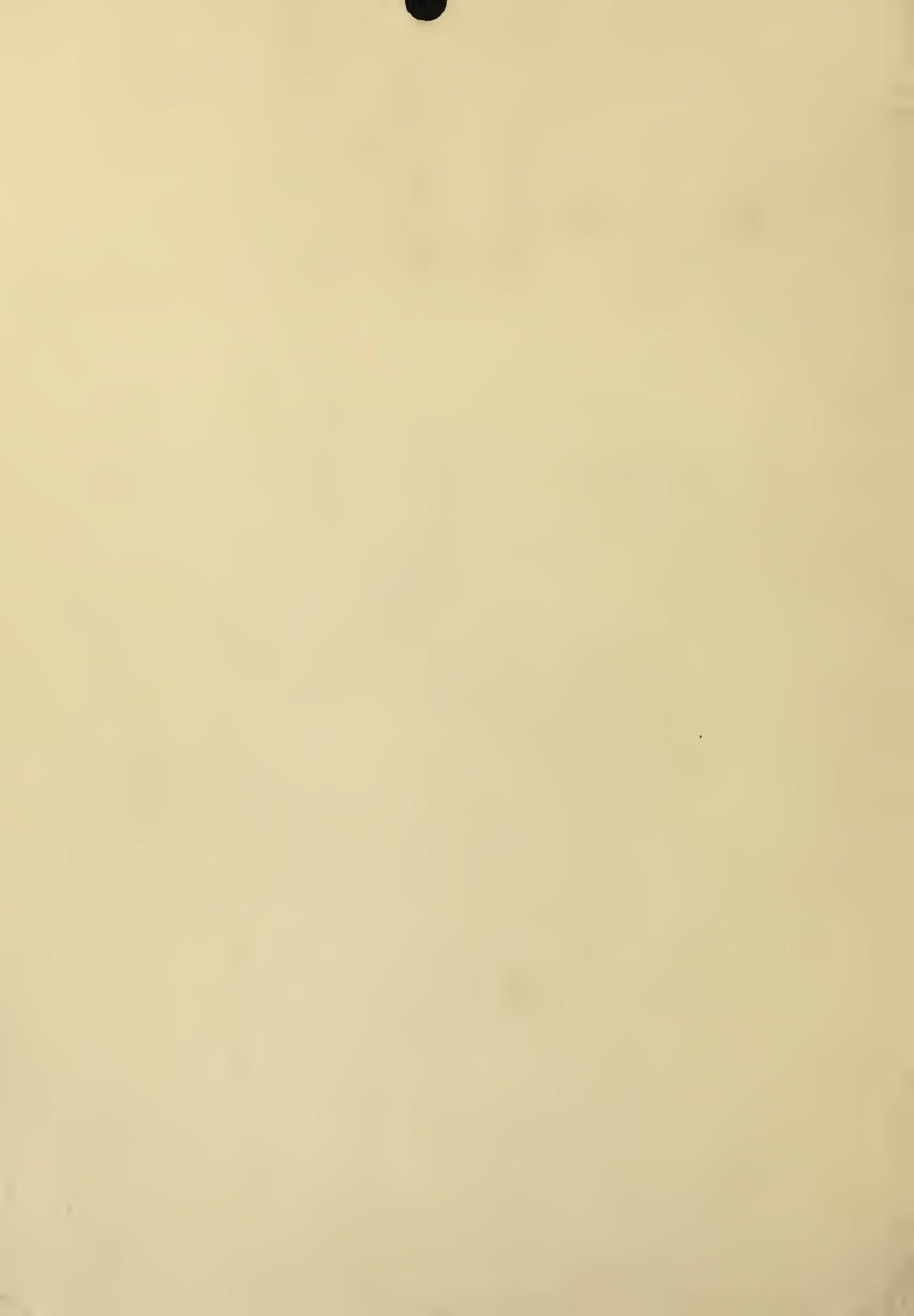
All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>USE MORE MILK</b>
	Peas or string beans.....				
	Tomatoes.....				IT IS AN IMPORTANT FACTOR OF SAFETY IN THE DIET
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
<b>GROUP III</b>  Foods characterized by starch	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>  Foods characterized by sugar	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>  Foods characterized by fats	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Adapted from "Milk," Ruth Wheeler, University of Illinois.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name\_\_\_\_\_ Address\_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

Month \_\_\_\_\_ Day 19

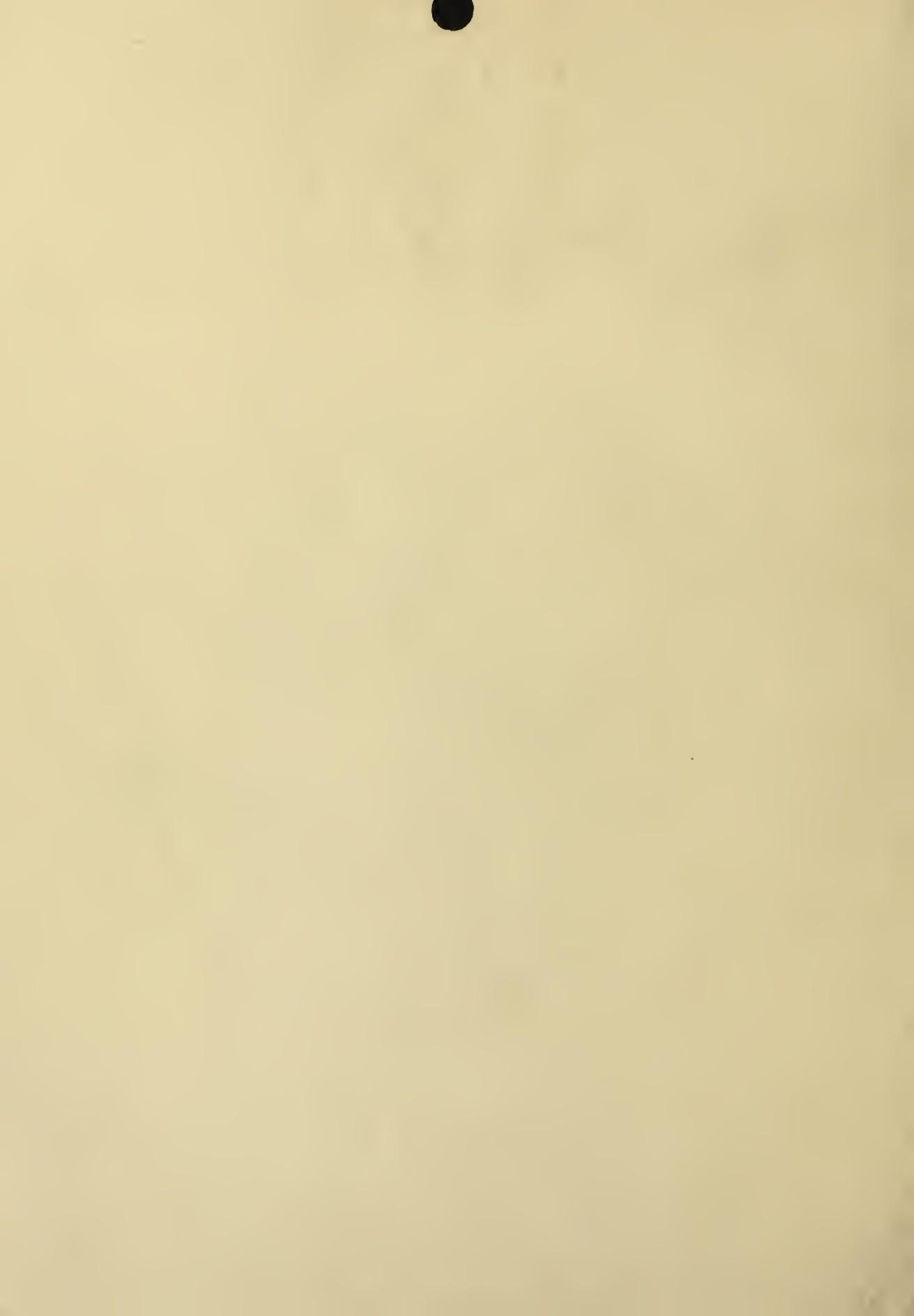
All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>MILK, ITS PRODUCTION AND COMPOSITION</b>
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....				"Two hundred million quarts a day Is more milk than this country is now producing, and yet it would be only enough to give every person in the United States a quart of fresh milk a day, because about 55 percent of the total milk production goes into manufactured products or is fed to animals or lost in handling. About 36 percent of the total milk production goes into butter, while ice cream takes about 4 percent and cheese 4.5 percent."
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....				Average composition of milk and milk products
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
<b>GROUP IV</b> Foods characterized by sugar	Other cereal food.....				Water      Protein      Fat      Sugar      Mineral (percent)
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b> Foods characterized by fats	Butter.....				"Everybody's Business "Milk production and distribution is in a very real sense everybody's business. Often it is a community problem, a 'you and me' problem, and everyone who helps increase the production and consumption of milk is rendering service to community, state, and nation. It's not a simple problem, and in solving it there must be lots of 'pull together' and a disposition to consider and understand the 'other fellow' on the part of producer, dealer, and consumer." <sup>2</sup>
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

1,2 U. S. Department of Agriculture, Bureau of Markets.

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 20

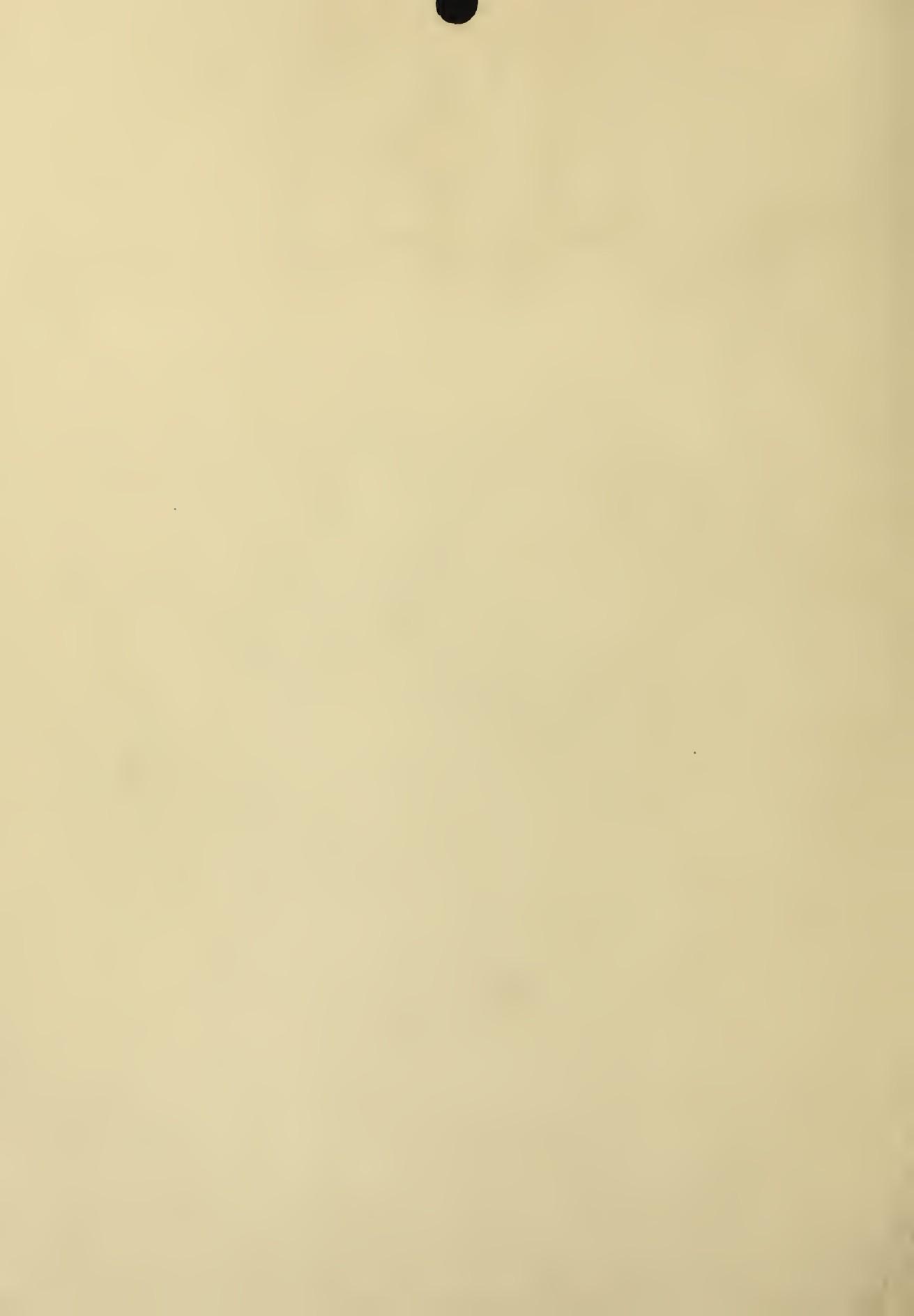
All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S																
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>"STORE" CHEESE</b>															
	Peas or string beans.....				One gallon of milk is required to make one pound of "store" cheese. Therefore, one pound of cheese represents the fat and casein (protein) of one gallon of milk.															
	Tomatoes.....																			
	Turnips or carrots.....																			
	Cabbage or onions.....																			
	Other vegetables.....																			
	Apples or pears.....																			
	Oranges or grapefruit.....																			
	Other fruit.....																			
	Berries.....																			
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				Composition of "store" cheese made from whole milk:  <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; width: 25%;">Water</th> <th style="text-align: left; width: 25%;">Fat</th> <th style="text-align: left; width: 25%;">Protein</th> <th style="text-align: left; width: 25%;">Carbohydrates</th> <th style="text-align: left; width: 25%;">Mineral</th> </tr> <tr> <th colspan="5" style="text-align: center;">(Percent)</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">27.4</td> <td style="text-align: center;">36.8</td> <td style="text-align: center;">27.7</td> <td style="text-align: center;">4.1</td> <td style="text-align: center;">4</td> </tr> </tbody> </table>	Water	Fat	Protein	Carbohydrates	Mineral	(Percent)					27.4	36.8	27.7	4.1	4
Water	Fat	Protein	Carbohydrates	Mineral																
(Percent)																				
27.4	36.8	27.7	4.1	4																
Lean meats.....																				
Poultry.....																				
Fish.....																				
Oysters.....																				
Milk.....																				
Cheese.....																				
Eggs.....																				
Dried legumes.....																				
Nuts.....																				
Cocoa (beverage).....																				
Custard.....																				
Ice cream.....																				
<b>GROUP III</b>  Foods characterized by starch	Flour or meal mixtures.....				When and how to serve "store" cheese:  Cheese is like meat in that it does not contain cellulose or starch. Foods lacking in one or more elements should be combined with other foods which supply the lacking element. Combine cheese with potatoes, bread, rice, macaroni, and with vegetables.															
	Bread.....																			
	Crackers.....																			
	Macaroni.....																			
	Rice.....																			
	Tapioca.....																			
	Cereal breakfast foods.....																			
	Other cereal food.....																			
<b>GROUP IV</b>  Foods characterized by sugar	Potatoes.....				Cheese is a concentrated food; it contains a small percentage of water as compared with other foods and a high percentage of fat. Cheese should be served with foods deficient in fat. "The soft texture of cheese dishes as compared with meat makes it reasonable to serve the harder and crustier breads with them." <sup>1</sup>															
	Sirup.....																			
	Honey.....																			
	Preserves.....																			
	Jellies.....																			
	Dried fruits.....																			
	Candy.....																			
	Sugar.....																			
<b>GROUP V</b>  Foods characterized by fats	Frozen ices.....				Cheese may be served alone or in combinations, raw or cooked. Cheese which is well ripened is not elastic, or "rubbery," in texture, but crumbly. Such cheese should be served in the meal to take the place of meat, eggs, or fish.															
	Butter.....																			
	Cream.....																			
	Lard.....																			
	Salt pork.....																			
	Bacon.....																			
	Chocolate.....																			
	Vegetable oils.....																			
<b>BEVERAGES</b>	Coffee.....				Care should be taken not to over-cook cheese dishes. A high temperature toughens cheese, causing it to become stringy and leathery. In preparing cheese dishes, use a double boiler, a dish placed in a dish of hot water, an asbestos mat, or a very moderate oven.															
	Tea.....																			

Breakfast—B      Dinner—D      Lunch—L      Supper—S

<sup>1</sup>"Food Products," Sherman.

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

All FIVE GROUPS should be represented in the diet **EVERY DAY**

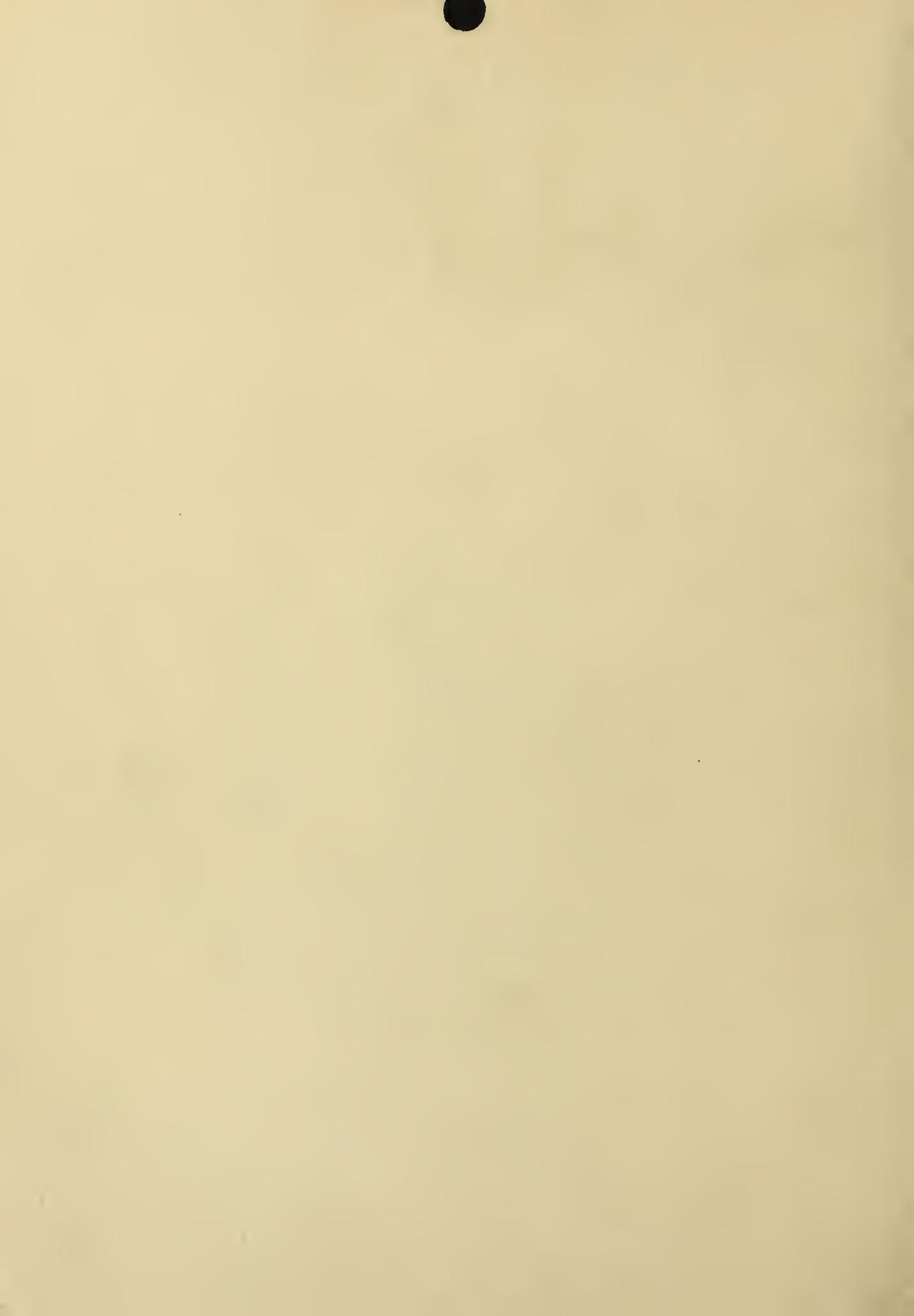
		B	D	L or S	Month _____	Day 21
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>VARIETY IN PREPARATION</b>  What variety in preparation will do with four simple foods	
	Peas or string beans.....					
	Tomatoes.....					
	Turnips or carrots.....					
	Cabbage or onions.....					
	Other vegetables.....					
	Apples or pears.....					
	Oranges or grapefruit.....					
	Other fruit.....					
	Berries.....					
	Fruit gelatin.....					
<b>GROUP II</b>  Foods characterized by protein	Lean meats.....				BEEF POTATOES CABBAGE APPLES  Twelve dinners served without twice preparing the same food in the same manner:	1  Porterhouse steak Mashed potatoes Cabbage salad with nuts Baking powder biscuit Apple pie, Coffee
	Poultry.....					
	Fish.....					
	Oysters.....					
	Milk.....					
	Cheese.....					
	Eggs.....					
	Dried legumes.....					
	Nuts.....					
	Cocoa (beverage).....					
	Custard.....					
	Ice cream.....					
<b>GROUP III</b>  Foods characterized by starch	Flour or meal mixtures.....				2  Tongue Cabbage and potato salad Popovers Apple turnovers with cream Tea	2  Tongue Cabbage and potato salad Popovers Apple turnovers with cream Tea
	Bread.....					
	Crackers.....					
	Macaroni.....					
	Rice.....					
	Tapioca.....					
	Cereal breakfast foods.....					
	Other cereal food.....					
<b>GROUP IV</b>  Foods characterized by sugar	Potatoes.....				3  Roast ribs of beef Baked potato Cabbage salad (sour-cream dressing) Plain bread Baked apples with cream Coffee	3  Roast ribs of beef Baked potato Cabbage salad (sour-cream dressing) Plain bread Baked apples with cream Coffee
	Sirup.....					
	Honey.....					
	Preserves.....					
	Jellies.....					
	Dried fruits.....					
	Candy.....					
	Sugar.....					
<b>GROUP V</b>  Foods characterized by fats	Frozen ices.....				4  Creamed dried beef Stuffed potatoes Creamed cabbage with peppers Graham muffins Brown Betty with cream Coffee	4  Creamed dried beef Stuffed potatoes Creamed cabbage with peppers Graham muffins Brown Betty with cream Coffee
	Butter.....					
	Cream.....					
	Lard.....					
	Salt pork.....					
	Bacon.....					
	Chocolate.....					
	Vegetable oils.....					
<b>BEVERAGES</b>	Coffee.....				5  Shepherd's pie Creamed cabbage White muffins Apple souffle with whipped cream Cocoa	5  Shepherd's pie Creamed cabbage White muffins Apple souffle with whipped cream Cocoa
	Tea.....					

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Class work of Home Economics Department, University of Illinois.

(Continued on next page)

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
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**FOOD CALENDAR**

**DAILY RECORD**

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	Month	Day 22
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				TWELVE DINNERS WITH FOUR SIMPLE FOODS <i>(Continued)</i>	
	Peas or string beans.....					
	Tomatoes.....					
	Turnips or carrots.....					
	Cabbage or onions.....					
	Other vegetables.....					
	Apples or pears.....					
	Oranges or grapefruit.....					
	Other fruit.....					
	Berries.....					
	Fruit gelatin.....					
<b>GROUP II</b> Foods characterized by protein	Lean meats.....				7 Short ribs French fried potatoes Steamed cabbage Apple dumplings and cream Graham gems Coffee	
	Poultry.....					
	Fish.....					
	Oysters.....					
	Milk.....					
	Cheese.....					
	Eggs.....					
	Dried legumes.....					
	Nuts.....					
	Cocoa (beverage).....					
	Custard.....					
	Ice cream.....					
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures.....				8 Rolled stuffed steak Browned potatoes Hot slaw Baked apples, cream, jelly, nuts Coffee	
	Bread.....					
	Crackers.....					
	Macaroni.....					
	Rice.....					
	Tapioca.....					
	Cereal breakfast foods.....					
	Other cereal food.....					
	Potatoes.....					
<b>GROUP IV</b> Foods characterized by sugar	Sirup.....				9 Hamburg steak Riced potatoes Escalloped cabbage Graham bread Apple tapioca Coffee	
	Honey.....					
	Preserves.....					
	Jellies.....					
	Dried fruits.....					
	Candy.....					
	Sugar.....					
	Frozen ices.....					
<b>GROUP V</b> Foods characterized by fats	Butter.....				10 Corned-beef hash Potatoes with butter and parsley Cabbage au gratin Entire wheat muffins Dutch apple cake, lemon sauce Tea	
	Cream.....					
	Lard.....					
	Salt pork.....					
	Bacon.....					
	Chocolate.....					
	Vegetable oils.....					
<b>BEVERAGES</b>	Coffee.....				11 Beef loaf Creamed potatoes Cold slaw Nut bread Dutch apple cake with cream Coffee	
	Tea.....					

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



**UNIVERSITY OF ILLINOIS**  
**EXTENSION SERVICE IN HOME ECONOMICS**

**FOOD CALENDAR**

**DAILY RECORD**

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

Month \_\_\_\_\_ Day 23

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....			
	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
<b>GROUP IV</b> Foods characterized by sugar	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by fats	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

Breakfast—B      Dinner—D      Lunch—L      Supper—S

**DO YOU REALIZE THAT—**

Beef may be served in 12 ways:

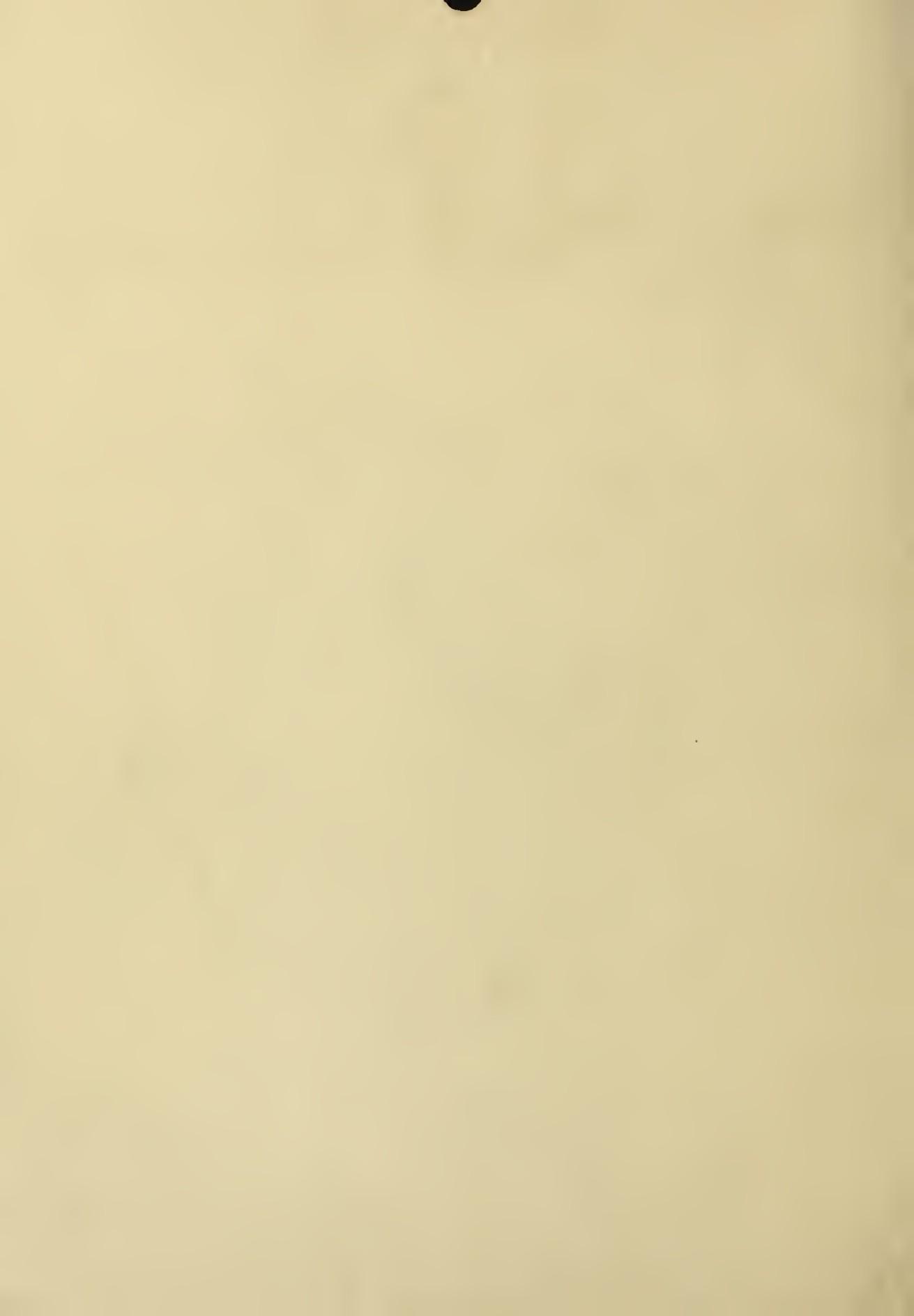
- Porterhouse steak
- Rib roast
- Hamburger steak
- Tongue
- Flank steak
- Stuffed steak (round)
- Beef loaf
- Pot roast
- In Shepherd's pie
- Creamed dried beef
- Corned beef
- Hash

Potatoes may be served in 10 ways:

- Stuffed
- Escalloped
- Mashed
- Creamed
- Riced
- Browned
- Baked
- Boiled with butter and parsley
- French-fried
- Boiled, plain

*"The question of variety is often a puzzling one to the housekeeper, especially if the market is poor. In this case she is thrown back on variety in the preparation of a few foods."*

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 24

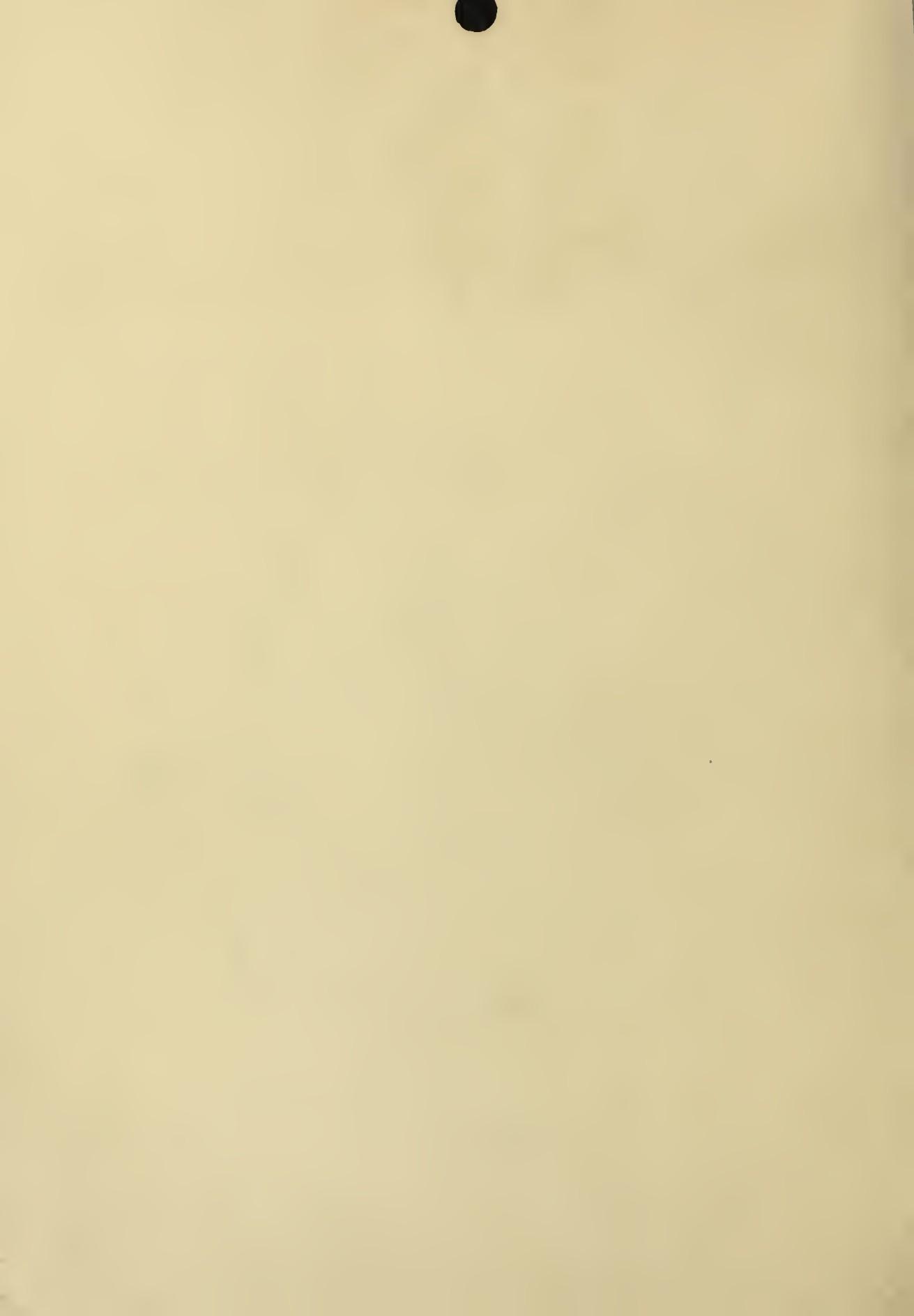
All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>DO YOU REALIZE THAT—</b>
	Peas or string beans.....				Cabbage may be served in 12 ways:
	Tomatoes.....				Salad (cooked dressing)
	Turnips or carrots.....				Salad (sour-cream dressing)
	Cabbage or onions.....				Au gratin
	Other vegetables.....				Hot slaw
	Apples or pears.....				Potato and cabbage salad
	Oranges or grapefruit.....				Escalloped
	Other fruit.....				Creamed with peppers
	Berries.....				Boiled
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				Creamed
	Lean meats.....				Steamed
	Poultry.....				Fried
	Fish.....				Cold slaw
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
<b>GROUP III</b>  Foods characterized by starch	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>  Foods characterized by sugar	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>  Foods characterized by fats	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_

"Diversity in food materials is more easily attained if markets are good, but even then thought and care must be used in selection and preparation."



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

**DAILY RECORD**

Month \_\_\_\_\_ Day 25

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>FOOD REQUIREMENTS</b>  The actual food requirements of persons under different conditions of life and work, and how these requirements are to be supplied most economically and effectively, and in the most available form, is the problem to be solved.
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				The factors influencing food requirements are activity, size, age. Activity is the most important—a workman needs more food and more concentrated food than the lawyer.
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
<b>GROUP III</b>  Foods characterized by starch	Cocoa (beverage).....				Women as a class require less food than men because they are usually smaller and less active.
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
<b>GROUP IV</b>  Foods characterized by sugar	Other cereal food.....				Children require twice as many calories per pound as adults. A boy from 12 to 17 years of age needs as much or more food than his father.
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>  Foods characterized by fats	Butter.....				Old men and old women require less food every year, since body weight and activity is less.
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

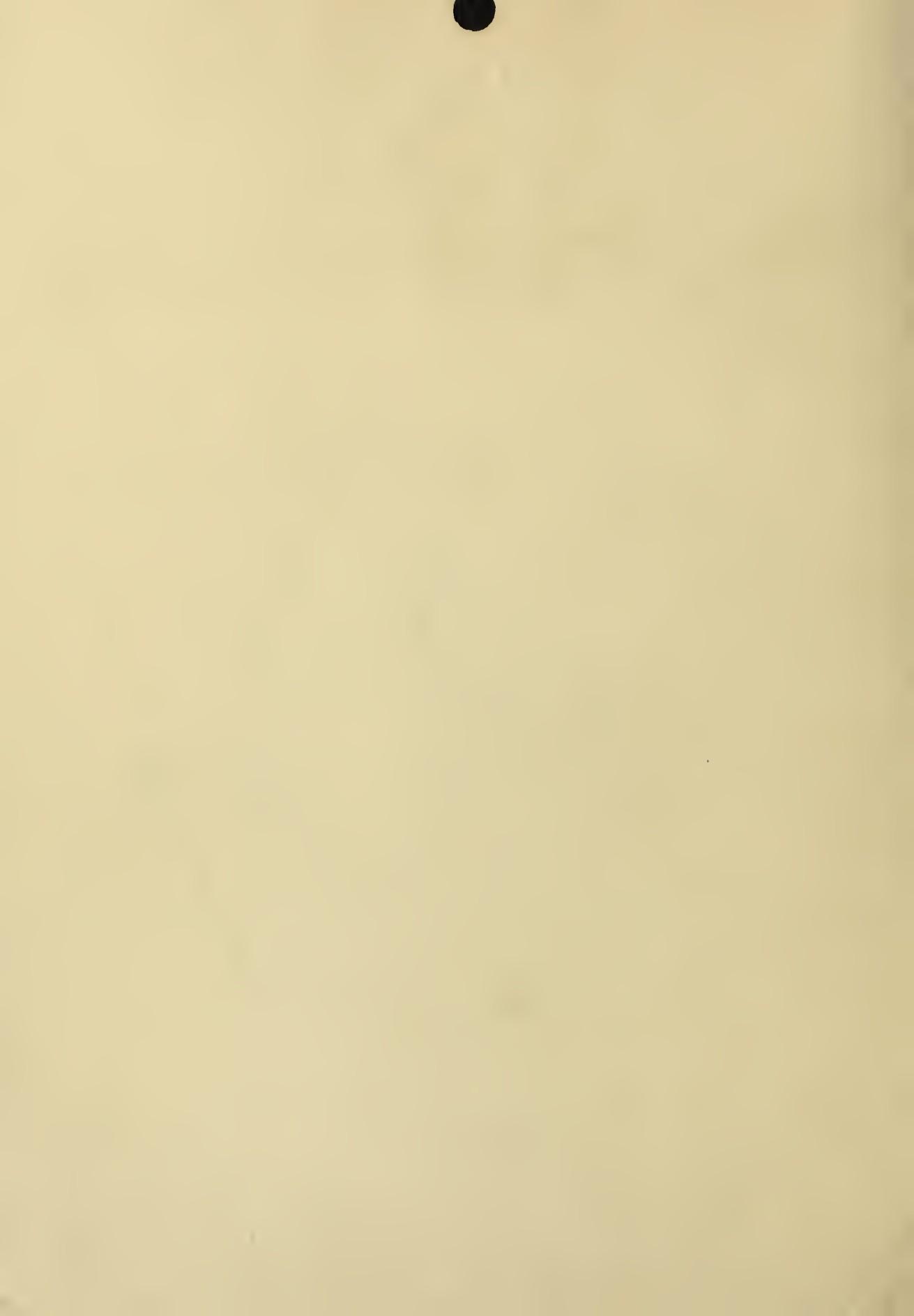
Breakfast—B      Dinner—D      Lunch—L      Supper—S

1,2 Adapted from "Feeding the Family," Rose.

Name \_\_\_\_\_ Address \_\_\_\_\_

Address \_\_\_\_\_

*The calories of a diet whose weight is known in pounds can be simply calculated. See page 30, "The Arithmetic of Menu Making."*



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FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 26

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	ADEQUATE MEALS		
					A DAY'S DIETARY FOR A CHILD THREE TO FOUR YEARS OLD		
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				BREAKFAST	Measure	Calories
	Peas or string beans.....				Prune pulp	1 Tb.	50
	Tomatoes.....				Wheatena	$\frac{3}{8}$ cup	50
	Turnips or carrots.....				Top milk (10 oz.)	2 Tb.	50
	Cabbage or onions.....				Toast	1 slice	50
	Other vegetables.....				Milk to drink	$\frac{3}{4}$ cup	125
	Apples or pears.....						
	Oranges or grapefruit.....						
	Other fruit.....						
	Berries.....						
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				LUNCH		
	Lean meats.....				Milk	$\frac{3}{4}$ cup	125
	Poultry.....				Soda cracker	1 cracker	25
	Fish.....						
	Oysters.....						
	Milk.....						
	Cheese.....						
	Eggs.....						
	Dried legumes.....						
	Nuts.....						
<b>GROUP III</b>  Foods characterized by starch	Cocoa (beverage).....				DINNER		
	Custard.....				Cream of pea soup	$\frac{2}{3}$ cup	100
	Ice cream.....				Poached egg	1 egg	70
	Flour or meal mixtures.....				Toast	1 slice	50
	Bread.....				Bread	1 slice	50
	Crackers.....				Butter	1 tsp.	32
	Macaroni.....				Tapioca cream	$\frac{2}{5}$ cup	100
	Rice.....						
	Tapioca.....						
	Cereal breakfast foods.....						
<b>GROUP IV</b>  Foods characterized by sugar	Other cereal food.....						
	Potatoes.....				SUPPER		
	Sirup.....				Steamed rice	$\frac{1}{2}$ cup	66
	Honey.....				Top milk (10 oz.)	$\frac{1}{4}$ cup	100
	Preserves.....				Milk to drink	$\frac{3}{4}$ cup	125
	Jellies.....				Bread	1 slice	50
	Dried fruits.....				Butter	1 tsp.	32
	Candy.....				Date marmalade	1 Tb.	50
	Sugar.....						
	Frozen ices.....						
<b>GROUP V</b>  Foods characterized by fats	Butter.....				Total . . . . .		1300
	Cream.....						
	Lard.....						
	Salt pork.....						
	Bacon.....						
	Chocolate.....						
	Vegetable oils.....						
<b>BEVERAGES</b>					The average fuel requirement for a child three to four years old varies from 1100 to 1400 calories per day.		
Coffee.....							
Tea.....							

Breakfast—B      Dinner—D      Lunch—L      Supper—S

From "Feeding the Family," Rose.

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

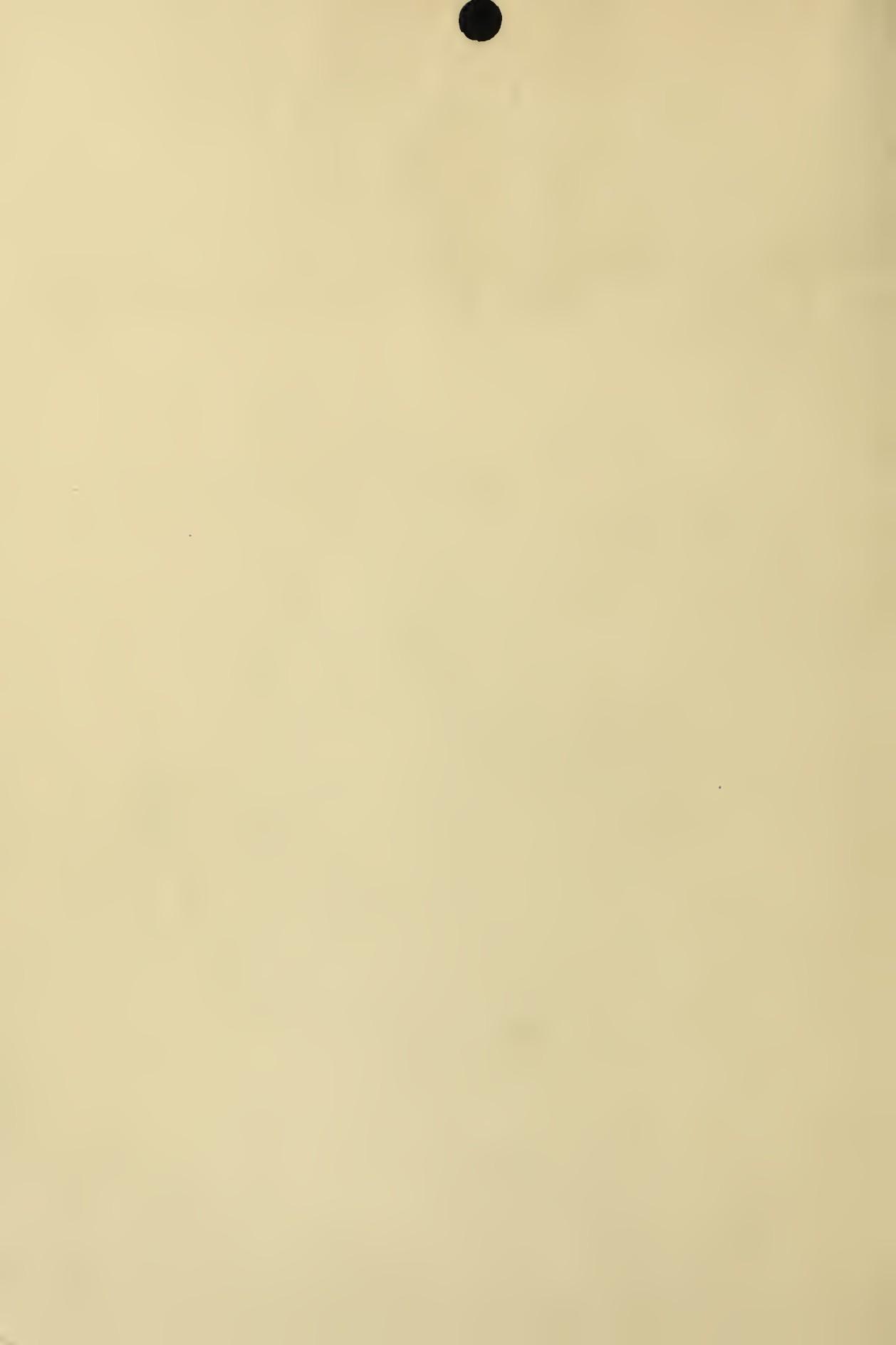
DAILY RECORD

Month \_\_\_\_\_ Day 27

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				<b>CORRECTIVE MENU</b>
	Peas or string beans.....				SOME ANTI-CONSTIPATION MENUS
	Tomatoes.....				I
	Turnips or carrots.....				<b>BREAKFAST:</b>
	Cabbage or onions.....				An orange
	Other vegetables.....				Cut oats, cream
	Apples or pears.....				Bran muffins and honey
	Oranges or grapefruit.....				Bacon
	Other fruit.....				<b>LUNCHEON:</b>
	Berries.....				Lentil stew*
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				Triscuit†
	Lean meats.....				Baked apple (skin eaten)
	Poultry.....				<b>DINNER:</b>
	Fish.....				Vegetable soup
	Oysters.....				Roast beef
	Milk.....				Spinach (large serving)
	Cheese.....				Baked potatoes (skins eaten)
	Eggs.....				Cabbage salad
	Dried legumes.....				Graham bread
	Nuts.....				Steamed fig pudding, lemon sauce
<b>GROUP III</b>  Foods characterized by starch	Cocoa (beverage).....				II
	Custard.....				<b>BREAKFAST:</b>
	Ice cream.....				Stewed prunes
	Flour or meal mixtures.....				Shredded wheat, cream
	Bread.....				Tomato omelet
	Crackers.....				Graham toast
	Macaroni.....				<b>LUNCHEON:</b>
<b>GROUP IV</b>  Foods characterized by sugar	Rice.....				Pork and baked beans
	Tapioca.....				Boston brown bread
	Cereal breakfast foods.....				Sliced pineapple
	Other cereal food.....				Oatmeal macaroons
	Potatoes.....				<b>DINNER:</b>
	Sirup.....				Boiled mutton, caper sauce
	Honey.....				Stewed onions
<b>GROUP V</b>  Foods characterized by fats	Preserves.....				Lettuce salad, French dressing
	Jellies.....				Bran wafers
	Dried fruits.....				Lemon jelly, whipped cream
	Candy.....				Two glasses of water or a glass of diluted lemon, orange, or other fruit juice should be taken each day, on arising.
	Sugar.....				*Lentil, belongs to the same group of foods as beans and peas.
	Frozen ices.....				†Triscuit is similar to shredded wheat.
	Butter.....				From "Feeding the Family," Rose.
<b>BEVERAGES</b>		Breakfast—B	Dinner—D	Lunch—L	Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

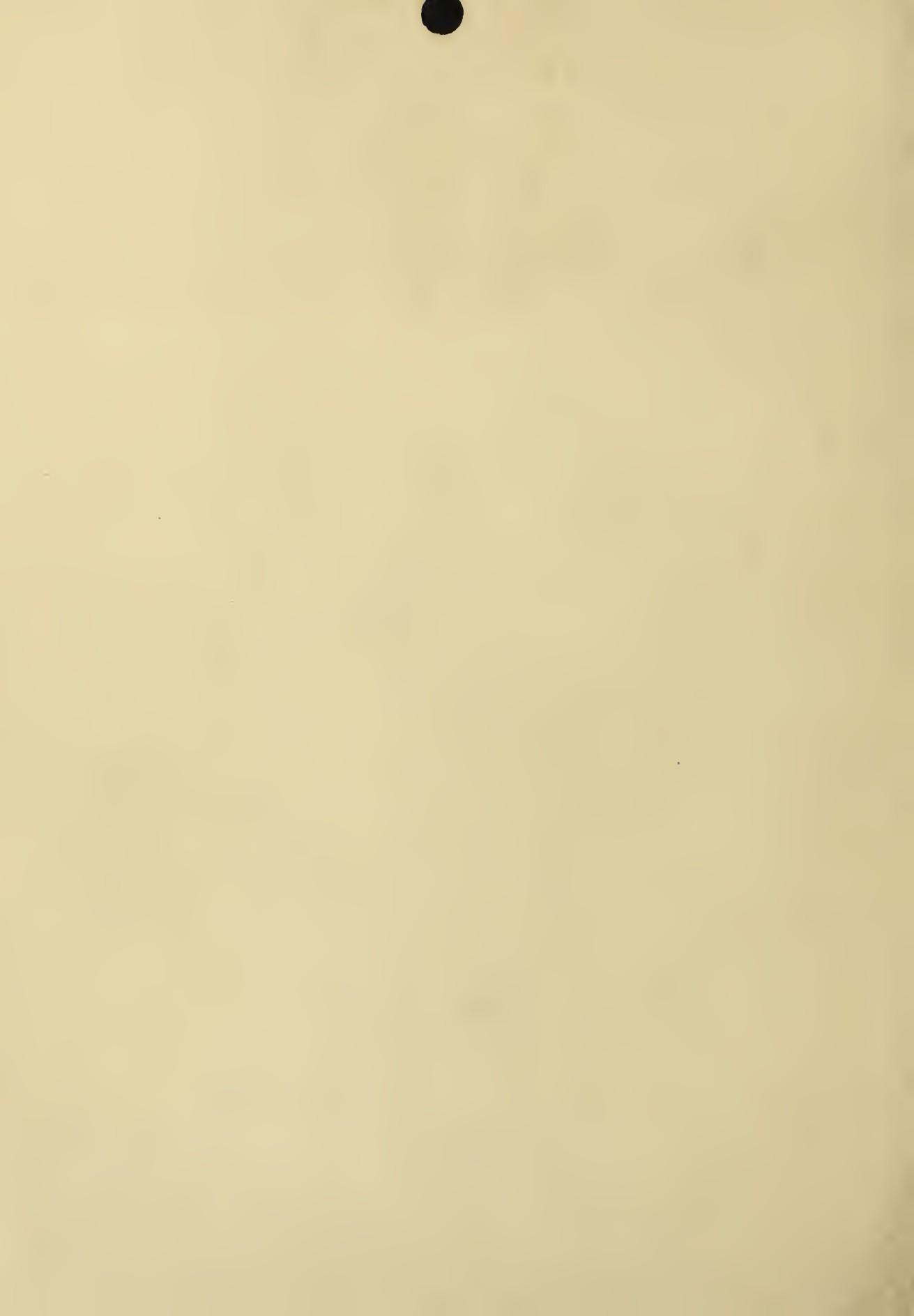
Month \_\_\_\_\_ Day 28

All FIVE GROUPS should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				FEEDING THE SICK  Factors which influence the kind of food to be served to the convalescent: Nature of the disease Severity and duration of the attack Strength of the patient Nature of the diet during the acute state
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b>  Foods characterized by protein	Fruit gelatin.....				Diet during convalescence:  Must contain a generous amount of building food (Group II). Must be restricted to foods which are not likely to disturb digestion (a minimum of highly concentrated foods). Must be attractive. A soft diet can be made strikingly attractive in flavor and variety.
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
<b>GROUP III</b>  Foods characterized by starch	Cocoa (beverage).....				Food requirements for the convalescent:  1800 to 2000 calories for the adult who is inactive 2200 to 2500 calories for the adult who is indulging in light exercise
	Custard.....				
	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
<b>GROUP IV</b>  Foods characterized by sugar	Rice.....				In preparing food for the sick, keep in mind the following points:  1. The diet should be simple—only a few kinds of food at a time and those plainly, but very carefully cooked and seasoned. 2. Meals should be served with strict regularity; a half hour of waiting may destroy all desire for food. 3. The appetite should be tempted by the appearance of the tray—attractive dishes neatly arranged, no food slopped over, hot dishes hot and cold dishes cold when they reach the patient, a pleasant surprise in the shape of pretty garnish, a flower or a new dish.
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
	Sirup.....				
	Honey.....				
<b>GROUP V</b>  Foods characterized by fats	Preserves.....				“Diet in health means less illness, diet in sickness means quick recovery.”—Madeline Fess Mehlig, Dietitian Chicago Chapter, American Red Cross.
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
	Butter.....				
<b>BEVERAGES</b>	Cream.....				Adapted from “Feeding the Family,” Rose.
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 29

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

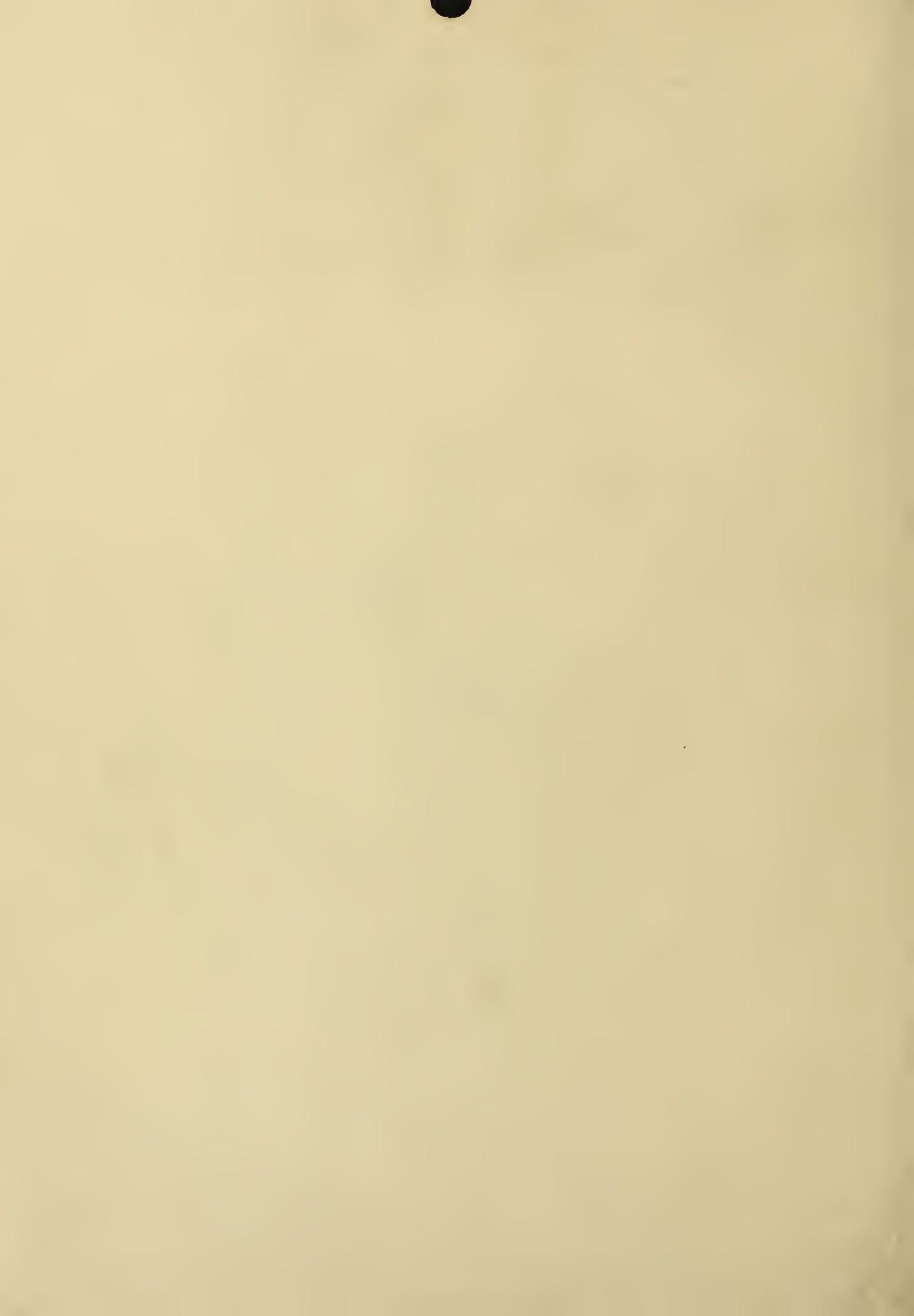
		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce..... Peas or string beans..... Tomatoes..... Turnips or carrots..... Cabbage or onions..... Other vegetables..... Apples or pears..... Oranges or grapefruit..... Other fruit..... Berries..... Fruit gelatin.....				<b>A DAY'S DIET FOR THE ADULT MAN</b>  Expressed in pounds  Vegetables and fruit..... $2\frac{1}{2}$ lbs. Milk (1 c)..... $\frac{1}{2}$ lb. Meat and eggs..... 14 oz. Cereals ..... 8 oz. Sweets ..... 3 oz. Fats ..... 3 oz.
<b>GROUP II</b> Foods characterized by protein	Lean meats..... Poultry..... Fish..... Oysters..... Milk..... Cheese..... Eggs..... Dried legumes..... Nuts..... Cocoa (beverage)..... Custard..... Ice cream.....				The above day's diet will yield about 3300 calories.  Use 2 ounces less of meat and eggs for every additional cup of milk.
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures..... Bread..... Crackers..... Macaroni..... Rice..... Tapioca..... Cereal breakfast foods..... Other cereal food..... Potatoes.....				In planning the diet—  Choose enough vegetable and milk. Guard against excessive amounts of protein.  When recording the quantities of foods served, calculate by the week for the entire family, thus avoiding many needless figures.
<b>GROUP IV</b> Foods characterized by sugar	Sirup..... Honey..... Preserves..... Jellies..... Dried fruits..... Candy..... Sugar..... Frozen ices.....				Note.—Vegetable and fruit equal to $1\frac{1}{2}$ lbs.: 1 apple, 1 orange, 2 large potatoes, and 1 average serving of some other vegetable.  Dried fruits: 1 ounce is equal to about 6 ounces of fresh fruit.
<b>GROUP V</b> Foods characterized by fats	Butter..... Cream..... Lard..... Salt pork..... Bacon..... Chocolate..... Vegetable oils.....				
<b>BEVERAGES</b>	Coffee..... Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Adapted from "A Quick Method of Calculating Food Values," C. S. Hunt, *Journal of Home Economics*, May, 1918; and "Food and the War," U. S. Food Administration.

Name \_\_\_\_\_

Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 30

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				
	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....				
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
<b>GROUP III</b> Foods characterized by starch	Ice cream.....				
	Flour or meal mixtures.....				
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
<b>GROUP IV</b> Foods characterized by sugar	Other cereal food.....				
	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
<b>GROUP V</b> Foods characterized by fats	Candy.....				
	Sugar.....				
	Frozen ices.....				
	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
<b>BEVERAGES</b>	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

**THE ARITHMETIC OF MENU MAKING**

The fuel value of food can be calculated—  
When the exact weight in pounds is known,  
and  
When the formula is known for computing  
calories.

<i>Weight of Food<sup>1</sup></i>	<i>Calorie Formula</i>
1 lb. fresh fruit, vegetable	is equal to about.. 250 calories
1 lb. meat, fish, eggs, cheese, peanut butter	is equal to about.. 900 calories
1 lb. milk, skim milk, oysters, clams	is equal to about..... 225 calories
1 lb. dry cereals	is equal to about.1600 calories
1 lb. bakery goods	is equal to about.....1200 calories
1 lb. sugar	is equal to about.....1800 calories
1 lb. cream, ice cream	is equal to about.. 1700 calories
1 lb. butter, lard, salt pork, bacon, shelled nuts except peanuts and chestnuts, unsweetened chocolate	is equal to about..3400 calories

**PRACTICAL ILLUSTRATION**

<i>Diet</i>	<i>Weight</i>	<i>Formula</i>	<i>Calories</i>
Vegetable, fruit .....	2½ lbs.	× 250	= 625
Milk (1 pt.).....	1 lb.	× 225	= 225
Meat .....	½ lb.	× 900	= 450
Rice, cereals .....	½ lb.	× 1600	= 800
Bread (2 slices)....	¼ lb.	× 1200	= 300
Butter .....	½ lb.	× 3400	= 425
Bacon (2 slices)....	½ lb.	× 3400	= 212
Total calories .....			3037

<sup>1</sup>This is the weight as purchased.

Adapted from "A Quick Method of Computing Food Values," C. S. Hunt, *Journal of Home Economics*, May, 1918; and "Food and the War," U. S. Food Administration.

Name \_\_\_\_\_ Address \_\_\_\_\_



UNIVERSITY OF ILLINOIS  
EXTENSION SERVICE IN HOME ECONOMICS

FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 31

All FIVE GROUPS should be represented in the diet **EVERY DAY**

		B	D	L or S	
GROUP I  Foods characterized by mineral substances and organic acids	Spinach or lettuce.....				SERVING IS A PART OF THE MEAL
	Peas or string beans.....				The family table is a social meeting place of the family. This means that each member of the family should contribute something to the good cheer and hospitality of the meal.
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
GROUP II  Foods characterized by protein	Fruit gelatin.....				
	Lean meats.....				The problem of the service of meals is influenced by—
	Poultry.....				Income
	Fish.....				Availability and efficiency of domestic help
	Oysters.....				Size of the family
	Milk.....				Ages of the members of the family
	Cheese.....				Needs and activities of the members of the family
	Eggs.....				Traditions and customs
	Dried legumes.....				Ideals to be maintained
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
GROUP III  Foods characterized by starch	Ice cream.....				
	Flour or meal mixtures.....				Correct service is simple, consistent, and attractive. The order of service used may be varied as the occasion demands. The type of service should meet the needs of the particular family for which it is used. Choose a type which requires few interruptions of the meal.
	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
GROUP IV  Foods characterized by sugar	Other cereal food.....				
	Potatoes.....				Simple meal service is good form and good taste. A meal consisting of only three foods, nicely served from a well-laid table, with clean linen, and orderly in its arrangement is correct service.
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
GROUP V  Foods characterized by fats	Dried fruits.....				Teach the children to assist in the service of meals, to set the table correctly, and to place and remove courses.
	Candy.....				
	Sugar.....				
	Frozen ices.....				
	Butter.....				
	Cream.....				
BEVERAGES	Lard.....				
	Salt pork.....				When the family is small, a wheeled tray may be used to simplify the meal service. Any household equipment which will save energy, time and labor is worthy of consideration.
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Coffee.....				
	Tea.....				To teach the child how to eat is almost as important as to teach him what to eat.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





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